

The Hirshon British Indian Restaurant Curry Base

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/best-indian-restaurant-curry-recipe>

Ingredients:

- 10 onions medium, chopped
- 1 large carrot peeled and chopped
- 1/2 green bell pepper large, chopped
- 1/2 red bell pepper large, chopped
- 2 stalks celery leafy, chopped
- 1/4 cabbage head green, chopped
- 2 cups chopped tomatoes Pomi-brand
- 6 stalks fresh cilantro with leaves
- 250 milliliters vegetable oil
- 4 tablespoons ghee clarified butter
- 4 1/2 tablespoons ginger purée fresh
- 4 1/2 tablespoons garlic purée
- 1 tablespoon ground turmeric
- 1 tablespoon Garam Masala
- 1 tablespoon ground cumin freshly
- 1 tablespoon ground coriander seed freshly
- 1 tablespoon fenugreek ground, powder
- 1 tablespoon smoked paprika
- 1 tablespoon salt
- 2 cups chicken stock (homemade strongly preferred)
- 8 cups water
- 4 bay leaves (Asian / Indian bay leaves preferred, as they are milder – use 1 regular bay leaf if unavailable)
- 14 green cardamom pods
- 4 inches cinnamon stick
- 10 whole cloves
- 4 teaspoons coriander seeds
- 4 teaspoons fennel seeds
- 6 garlic cloves bruised
- 4 inches fresh ginger chunk
- 2 star anise

- 2 black cardamom optional but recommended
- 1/2 whole onion cut into large chunks
- 2 teaspoons black peppercorns

Nutrition:

1. Calories: 980 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 5 milligrams
4. Fat: 74 grams
5. Fiber: 24 grams
6. Protein: 15 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 2020 milligrams
9. Sugar: 19 grams
10. TransFat: 1.5 grams

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