



## Authentic Balti Curry Recipe update

**IMPORTANT: This update only applies if you have you have a certain version of our book. Please look on the back cover, and if the barcode is in the centre at the bottom, then please feel free to follow this recipe. If it has the barcode in the corner of the back cover, then please keep checking back on this website for an update that applies to the version you have. We hope to have this posted by the end of September. (The only differences between book versions is the base sauce).**

Dear reader,

Without question, the most versatile recipe in the book is the base sauce (page 15).

When we were writing “Authentic Balti Curry”, we tried out various versions of the sauce on our team of volunteer cooks, and the one that got the best response - and was easiest to cook - was the one we chose to include in the book.

We also thought it was a good reflection of the base used in Mr. Haydor’s restaurant.

But, now, we thought we’d also take the opportunity to offer an alternative method of making base sauce for our more intrepid readers – who want to broaden their horizons.

The method doesn’t vary hugely from the original, but, as we hope you’ll have found out by cooking the dishes, small changes can sometimes make all the difference. Everyone’s tastes vary, so why not give it a go?

Remember, other recipe updates are also available at [www.baltibook.co.uk](http://www.baltibook.co.uk)

We hope you’re enjoying making the curries, and thanks again for your custom.

Kind regards,

Mohammed Ali Haydor and Andy Holmes

ALTERNATIVE BASE SAUCE: Simply follow the recipe in the book but make these changes....

<b><u>Book recipe</u></b> Change this...	<b><u>Alternative recipe</u></b> ...to this...
2 cinnamon sticks Pinch of fenugreek seeds 1 ½ tbsp salt ¾ pint water (to add to onion pan) 25 grams coriander leaves	6 x 1 inch pieces of Cassia Bark (if available) Omit from this recipe 1 tbsp salt 1 ¾ pint water (to add to onion pan) 12 grams coriander leaves (but save until the END of the recipe)
10-15 grams peeled fresh garlic 10-15 grams peeled fresh ginger	30 grams peeled fresh garlic 30 grams peeled fresh ginger
Current amounts of dried spices (garam masala qty remains unchanged)	Add an extra 1½ tsp chilli powder Add an extra ½ tsp coriander powder Add an extra ½ tsp turmeric powder Add an extra ½ tsp curry powder Add an extra ½ tsp dried fenugreek leaf Add an extra ¼ tsp cumin powder
4 tbsp vegetable oil	5 tbsp vegetable oil

Changes to the method...

Follow the same method as before except (as mentioned above) add 1 ¾ pints water to the onion mixture, which you boil (on a reasonably high heat) for the amount of time suggested in the book. DO NOT ADD THE CORIANDER LEAVES AT THIS STAGE.

You'll notice we've increased the amount of garlic and ginger – which means we've had to increase the amount of oil slightly.

It's also worth suggesting that when you get to the point where you boil the mixture of tomato, water and spices etc. that you do this for 3-4 minutes. Please note the quantity of water for this stage remains the same as in the book.

Before the stage when you reduce the entire mixture to a smooth sauce, add the coriander leaves – then put into the blender. Now use the base sauce in conjunction with the other recipes in the book.