



The Book of





PROFILE: CHEF ANWAR



Chef Anwar started his career with Taj Coromandel, a group of 5 Star deluxe hotels in India after graduating from The Institute of Food Technology and Nutrition, Chennai, India.

Later he moved to Dubai Hilton, U.A.E. He joined Hiltons at the time of its inception and served the Queen of England who came down for the opening ceremony. While working here he acquired Specialization in Food & Beverage Management through American Hotel & Motel Association, Michigan, U.S.A.

His career at Dubai Hilton lasted for seven years during which time he worked his way up from Apprenticeship to Demi Chef to Chef de partie.

From here he went on to become the Executive chef of the first and most exclusive food court in Dubai overlooking 10 Food & Beverage outlets.

The turning point of Chef Anwar's career came when he joined the Airport Hotel, Dubai in the capacity of an Executive Chef. Here he planned and set up the hotel's kitchens from ground up. He overlooked eight food and beverage outlets comprising of specialty restaurants and fine dining with 45 strong kitchen brigade.

He was actively involved in the formation of the Emirates Culinary Guild and he is one of the founder members and a honorary member for

life. He led his team to compete in Saloon Culinaire, guiding and mentoring them to win gold, silver and bronze medals in various categories.

He has also participated along with his team to make the Longest Cake in the world for the 25th anniversary of U.A.E., mentioned in the Guinness Book of Record.

Chef Anwar has also designed, planned and executed the set- up of the Emirates Airlines Hotel's kitchens as the second phase development of the Airport Hotel.

He has also worked for the Airlines Flight Catering, overlooking the production of about 50,000 airline meals.

Chef Anwar's work has also taken him to Oman, North Yemen, Abu Dhabi working for Sheratons and Hiltons.

Chef Anwar's intensive training programs have taken him to various parts of the world. To Cyprus for Inter Hiltons Competition, to England – Kensington & Gatwick Hilton for Sous-vide training, to Ulm, Germany for Pastries & Confectionaries, to Doha Sheraton for Classical French Cuisine.

Chef Anwar has also had the pleasure of working for the Ruler's Palace and has done in depth research in local Arabic cuisine. He has also had the privilege to cater for the wedding of the daughter of the Ruler of Abu Dhabi.

In 1997 Chef Anwar migrated to Toronto, Canada. Here he worked for Movenpick as Sous Chef initially and then moved on to become the Executive Chef of Novotel Airport.

In 2001 Chef Anwar took up a catering contract in Houston, Texas. Here he also set up an East-West infusion cuisine Restaurant called Casserole & Curry. He moved back to Toronto in 2004 taking up position of Chef de cuisine at Toronto Golf Club an exclusive high end club, 2nd oldest in North America. In 2006 he took a position of Executive Sous Chef for Summit Golf and Country Club, again an exclusive club established since 1912. He is also overlooking a catering operation as a consultant chef for Anjum fine foods since 2004.

Chef Anwar is an active member of Escoffier Society of Toronto and member of CCFCC.



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Why



?

It's real hot! It's real authentic!

It's real Indian flavour!

It's real easy! Just add meat or vegetables!

In five real flavours!

Real curries ready in minutes!

Curry Sauce Bases

Fresh onions, Fresh garlic, Fresh ginger, Fresh green Chillies, Fresh Cream, Fresh Yoghurt, Canola oil (cholesterol and transfat free). Top quality spices. No Additives. No food colorings. No preservatives.

Packaging

C.F.I.A. approved containers hot filled and frozen. 1kg x 6 units per case.

Advantages

- ✓ Top quality (*Only the best ingredients are used*)
- ✓ Consistent product (*Eliminates the inconsistency if prepared by different staff*)
- ✓ Cost efficient (*Cost approximately \$1.00 per portion*)
- ✓ Saves time (*No cutting, chopping or grinding*)
- ✓ Saves labour cost
- ✓ Increased productivity
- ✓ Total portion control (*Less wastage*)
- ✓ More time for better presentation

Ideal for:
Food service establishments
Hotels
Banquets
Schools & Universities
Pubs
Cafeterias – office and industries
Meals on wheels
Hospitals





MAKHANI SAUCE

Daal Makhani


(Brown lentils and kidney beans tomato, butter and cream sauce)



INGREDIENTS:

Whole Brown lentils	500 gm
Red kidney Beans	1 can (350 gm)
Water	1 litre
Whole cumin seeds	5 gm
Real Curries Makhani sauce	1 kg
Cream 35 %	60 ml
Butter soft	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Wash and soak lentils for 1 hour. Strain out the soaking water. Add fresh water with cumin seeds. Cook till mushy.
2. Wash and drain kidney beans, add to the cooked lentils.
3. Heat  Makhani sauce. Mix with lentils and beans.
4. Add water to adjust the consistency of the Daal. Adjust seasoning.
5. Finish with cream and butter sprinkled with chopped fresh coriander leaves and ginger juliennes.

Chef's note: Proportion of Lentils to sauce is 1:1 ratio by weight.



MAKHANI SAUCE

Paneer Makhani


(Diced paneer cooked in spiced tomato and cream finished with butter)



INGREDIENTS:

Paneer 1" dices	1 Kg
Real Curries Makhani sauce	1 kg
Chicken Stock or water	150 ml (approx)
Cream 35 %	60 ml
Butter soft	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Lightly deep fry diced paneer. Immediately soak in cold water.
2. Heat  Makhani sauce. Mix fried paneer (strain out the water) in the sauce.
3. Add chicken stock or water to adjust the consistency of the sauce.
4. Finish with cream and butter sprinkled with chopped fresh coriander leaves and ginger juliennes.

Chef's note: Proportion of Paneer: sauce is 1:1 ratio by weight.



MAKHANI SAUCE


Vegetable Makhani



INGREDIENTS:

1" dice Mixed vegetables**	1 Kg
Canola Oil	10 ml
Real Curries Makhani sauce	1 kg
Vegetable stock or water	150 ml (approx)
Cream 35 %	60 ml
Butter soft	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Blanch mixed vegetables 'al-dente' in salted water (refer to note below).
2. Heat  Makhani sauce. Mix blanched vegetables add vegetable stock to adjust consistency.
3. Finish with cream and butter sprinkled with chopped fresh coriander leaves and ginger juliennes.

Chef's note: Proportion of vegetables to sauce is 1:1 ratio by weight.

**** Diced potatoes, carrots, cauliflower florets and green peas equal quantities.**



MAKHANI SAUCE

Chicken Makhani


(Butter Chicken)



INGREDIENTS:

Chicken 1 ½" dice , boneless	1 Kg
Garlic paste	10 gm
Ginger paste	10 gm
Salt	5 gm
Canola Oil	10 ml
Real Curries Makhani sauce	1 kg
Chicken Stock	150 ml (approx)
Cream 35 %	60 ml
Butter soft	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Marinate boneless chicken dices in garlic, ginger, oil and salt.
2. Cook in oven for 20 minutes at 350° F.
3. Heat  Makhani sauce. Mix the cooked chicken and add chicken stock to adjust consistency.
4. Finish with cream and butter sprinkled with chopped fresh coriander leaves and ginger juliennes.

Chef's note: Proportion of meat: sauce is 1:1 ratio by weight.



MAKHANI SAUCE


Fish Makhani



INGREDIENTS:

Fish 2" dice , boneless fillets**	1 Kg
Garlic paste	10 gm
Lemon Juice	15 ml
Salt	5 gm
Canola Oil	10 ml
Real Curries Makhani sauce	1 kg
Fish Stock	150 ml (approx)
Cream 35 %	60 ml
Butter soft	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Marinate boneless fish in garlic, lemon juice, oil and salt.
2. Cook in oven for 20 minutes at 350° F.
3. Heat  Makhani sauce. Mix the cooked fish and add fish stock to adjust consistency.
4. Finish with cream and butter sprinkled with chopped fresh coriander leaves and ginger juliennes.

Chef's note: Proportion of fish to sauce is 1:1 ratio by weight.

**** Grouper or red snapper recommended. Or whole Pomfret**



MAKHANI SAUCE

Palak Paneer Makhani


(Paneer and spinach cooked in spiced tomato sauce and finished with cream & butter)



INGREDIENTS:

Paneer 1" dices	1 Kg
Real Curries Makhani sauce	1 kg
Chicken Stock or water	150 ml (approx)
Cream 35 %	60 ml
Butter soft	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Lightly deep fry diced paneer. Immediately soak in cold water.
2. Heat  Makhani sauce. Mix fried paneer (strain out the water) in the sauce.
3. Add chicken stock or water to adjust the consistency of the sauce.
4. Finish with cream and butter sprinkled with chopped fresh coriander leaves and ginger juliennes.

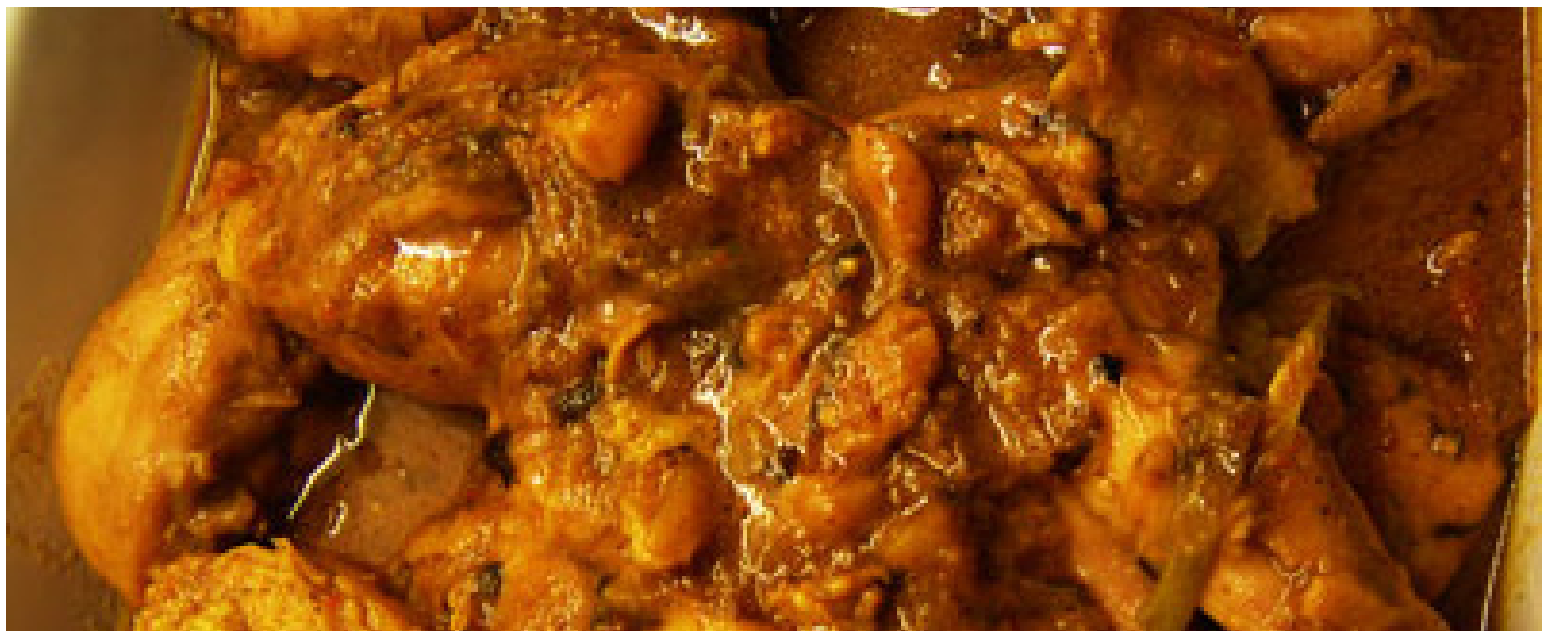
Chef's note: Proportion of Paneer: sauce is 1:1 ratio by weight.



KADAI SAUCE

Kadai Chicken

(Marinated chicken cooked in chunky tomato curry tempered with coriander and mustard seeds)



INGREDIENTS:

Chicken bone-in (cut up)**	1 Kg
Garlic paste	10 gm
Ginger paste	10 gm
Green chilli paste	5 gm
Salt	5 gm
Canola Oil	10 ml
Real Curries Kadai sauce	1 kg
Chicken Stock	200 ml (approx)
Green pepper brunoise	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Marinate Chicken with ginger, garlic and green chilli paste and simmer in well seasoned stock till half done.
2. Strain meat and reserve stock.
3. Heat  Kadai sauce and mix in strained meat with some stock and simmer till cooked. Add green peppers. Adjust consistency as required.
4. Finish with chopped fresh coriander and ginger julienne.

Chef's note: Whole chicken cut-up in 12 to 14 pieces.**

Proportion of meat: sauce is 1:1 ratio by weight.



KADAI SAUCE

Kadai Lamb (or) Goat


(Succulent pieces of lamb (or) goat (or) beef, slow cooked chunky tomato curry tempered with coriander and mustard seeds)



INGREDIENTS:

Lamb leg bone-in 1" dice	1 Kg
Garlic paste	10 gm
Ginger paste	10 gm
Green chilly paste	5 gm
Salt	5 gm
Canola Oil	10 ml
Real Curries Kadai sauce	1 kg
Chicken Stock	150 ml (approx)
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Marinate meat (lamb or goat) with ginger, garlic and green chilli paste and simmer in well seasoned stock till tender.
2. Strain meat and reserve stock.
3. Heat  Kadai sauce and mix in strained meat with some stock and simmer for few minutes. Add more stock to adjust thickness as required.
4. Finish with chopped fresh coriander leaves and ginger julienne.

Chef's note: Proportion of meat: sauce is 1:1 ratio by weight.



KADAI SAUCE

Kadai Beef


(Succulent pieces of beef, slow cooked chunky tomato curry tempered with coriander and mustard seeds)



INGREDIENTS:

Beef 1" dice	1 Kg
Garlic paste	10 gm
Ginger paste	10 gm
Green chilly paste	5 gm
Salt	5 gm
Canola Oil	10 ml
Real Curries Kadai sauce	1 kg
Chicken Stock	150 ml (approx)
Green pepper brunoise	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Marinate meat with ginger, garlic and green chilli paste and simmer in well seasoned stock till tender.
2. Strain meat and reserve stock.
3. Heat  Kadai sauce and mix in strained meat with some stock and simmer for few minutes. Add green peppers. Adjust consistency as required.
4. Finish with chopped fresh coriander leaves and ginger julienne.

Chef's note: Proportion of meat: sauce is 1:1 ratio by weight.



KADAI SAUCE

Kadai Meat Balls


(Succulent pieces of lamb (or) goat (or) beef, slow cooked chunky tomato curry tempered with coriander and mustard seeds)



INGREDIENTS:

Meat balls**	1 Kg
Real Curries Kadai Sauce	1 kg
Chicken or beef Stock	150 ml (approx)
Butter soft	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Heat  Kadai sauce and mix in meat balls with some stock and simmer for few minutes. Add more stock to adjust thickness as required.
2. Finish with cream and butter sprinkled with chopped fresh coriander leaves and ginger juliennes.

Chef's note: Proportion of meat: sauce is 1:1 ratio by weight.

Ready to use frozen meat balls can be used**



KADAI SAUCE

Kadai Okra


(Lady's finger stir fried in chunky tomato curry tempered with coriander and mustard seeds)



INGREDIENTS:

Baby Okra	1 Kg
Real Curries Kadai sauce	1 kg
Vegetable Stock	150 ml (approx)
Green pepper brunoise	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Blanch baby okra in deep fryer for few minutes.
2. Heat  Kadai sauce. Mix blanched Okra. Add green peppers. Adjust consistency as required.
3. Finish with chopped fresh coriander leaves and ginger juliennes.

Chef's note: Proportion of vegetables to sauce is 1:1 ratio by weight.



KADAI SAUCE

Kadai Vegetables


(Medley of garden vegetables stir fried in chunky tomato curry tempered with coriander and mustard seeds)



INGREDIENTS:

Mixed vegetables**	1 Kg
Real Curries Kadai sauce	1 kg
Vegetable Stock	150 ml (approx)
Green pepper brunoise	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Blanch mixed vegetables 'al-dente' salted water (refer to note below).
2. Heat  Kadai sauce. Mix blanched vegetables. Add green peppers. Adjust consistency as required.
3. Finish with chopped fresh coriander leaves and ginger juliennes.

Chef's note: Proportion of vegetables to sauce is 1:1 ratio by weight.

**** Diced potatoes, carrots, cauliflower florets and green peas equal quantities.**



KADAI SAUCE

Kadai Cauliflower and Peas Curry


(Stir fried in chunky tomato curry tempered with coriander and mustard seeds)



INGREDIENTS:

Cauliflower florets	600 gm
Green peas	400 gm
Real Curries Kadai sauce	1 kg
Vegetable Stock	150 ml (approx)
Green pepper brunoise	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Blanch mixed cauliflower florets 'al-dente' salted water (refer to note below).
2. Heat  Kadai sauce. Mix blanched cauliflower and peas. Add green peppers. Adjust consistency as required.
3. Finish with chopped fresh coriander leaves and ginger juliennes.

Chef's note: Proportion of vegetables to sauce is 1:1 ratio by weight.



KADAI SAUCE

Kadai Shrimps Curry



(Stir fried Shrimps in chunky tomato curry tempered with coriander and mustard seeds)



INGREDIENTS:

Shrimps 18/20 (P&d)	1 Kg
Garlic	15 gm
Lemon juice	15 ml
Salt	5 gm
Real Curries Kadai sauce	1 kg
Fish Stock or water	150 ml (approx)
Green pepper brunoise	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Marinate Shrimps with garlic lemon juice & salt.
2. Heat  Kadai sauce. Stir- fry shrimps in a Wok or sauté pan and add to  Kadai sauce Add green peppers. Adjust consistency with fish stock as required.
3. Finish with chopped fresh coriander leaves and ginger juliennes.

Chef's note: Proportion of Shrimps to sauce is 1:1 ratio by weight. JHINGA means shrimps*



KADAI SAUCE

Kadai Dal Panchratan


INGREDIENTS:

Pigeon peas	100 gm
Split yellow peas	100 gm
Red lentils (masoor daal)	100 gm
Yellow mung	100 gm
White lentil (urad)	100 gm
Turmeric powder	10 gm
Cumin seeds	15 gm
Garlic paste	10 gm
Ginger paste	10 gm
Green chilly paste	5 gm
Salt	15 gm
Water	2 litres
Real Curries Kadai sauce	1 kg
Butter	100 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp



COOKING INSTRUCTIONS:

1. Wash and soak all the lentils for 1 hour (soak split yellow peas for longer, if possible).
2. Mix all the lentils in water (strain out the soaking water) along with garlic, ginger, turmeric, cumin seeds and green chillies. Cook till the lentils are mushy.

3. Heat  Kadai sauce and mix with cooked lentils simmer for few minutes. Adjust seasoning consistency as required.

4. Finish with chopped fresh coriander leaves and ginger julienne.



KADAI SAUCE

Kadai Fish Curry



(Stir fried Fish in chunky tomato curry tempered with coriander and mustard seeds)



INGREDIENTS:

Fish 2" dice , boneless fillets**	1 Kg
Garlic	15 gm
Lemon juice	15 ml
Salt	5 gm
Real Curries Kadai sauce	1 kg
Fish Stock or water	150 ml (approx)
Green pepper brunoise	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Marinate Fish with garlic lemon juice & salt.
2. Heat  Kadai sauce. Stir- fry Fish in a Wok or sauté pan and add  Kadai sauce Add green peppers. Adjust consistency with fish stock as required.
3. Finish with chopped fresh coriander leaves and ginger juliennes.

Chef' note: Proportion of fish to sauce is 1:1 ratio by weight.

**** Grouper or red snapper recommended. Or whole Pomfret**



KHORMA SAUCE


Lamb Khorma



INGREDIENTS:

Lamb 1 ½" dice	1 Kg
Garlic paste	10 gm
Ginger paste	10 gm
Salt	5 gm
Canola Oil	10 ml
Real Curries Khorma Sauce	1 kg
Chicken Stock	150 ml (approx)
Cream 35 %	60 ml
Butter soft	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Marinate Lamb dices in garlic, ginger, oil and salt.
2. Simmer in well seasoned stock till tender.
3. Strain meat and reserve stock.
4. Heat  Khorma sauce and mix in strained meat with some stock and simmer for few minutes. Add more stock to adjust thickness as required.
5. Finish with cream and butter sprinkled with chopped fresh coriander leaves and ginger juliennes.

Chef's note: Proportion of meat: sauce is 1:1 ratio by weight.



KHORMA SAUCE


Chicken Khorma



INGREDIENTS:

Chicken bone-in (cut up)**	1 Kg
Garlic paste	10 gm
Ginger paste	10 gm
Salt	5 gm
Canola Oil	10 ml
Real Curries Khorma Sauce	1 kg
Chicken Stock	150 ml (approx)
Cream 35 %	60 ml
Butter soft	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Marinate Lamb dices in garlic, ginger, oil and salt.
2. Simmer in well seasoned stock till tender.
3. Strain meat and reserve stock.
4. Heat  Khorma sauce and mix in strained meat with some stock and simmer for few minutes. Add more stock to adjust thickness as required.
5. Finish with cream and butter sprinkled with chopped fresh coriander leaves and ginger juliennes.

Chef's note: Whole chicken cut-up in 12 to 14 pieces. **

Proportion of meat: sauce is 1:1 ratio by weight.



KHORMA SAUCE


Beef Khorma



INGREDIENTS:

Beef 1" dice boneless	1 Kg
Garlic paste	10 gm
Ginger paste	10 gm
Salt	5 gm
Canola Oil	10 ml
Real Curries Khorma Sauce	1 kg
Chicken or beef Stock	150 ml (approx)
Cream 35 %	60 ml
Butter soft	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Marinate beef dices in garlic, ginger, oil and salt.
2. Simmer in well seasoned stock till tender.
3. Strain meat and reserve stock.
4. Heat  Khorma sauce and mix in strained meat with some stock and simmer for few minutes. Add more stock to adjust thickness as required.
5. Finish with cream and butter sprinkled with chopped fresh coriander leaves and ginger juliennes.

Chef's note: Proportion of meat: sauce is 1:1 ratio by weight.



KHORMA SAUCE

Vegetable Khorma


(Navratan Khorma)

INGREDIENTS:

1" dice Mixed vegetables **	1 Kg
Toasted Cashew nuts	100 gm
Raisins	50 gm
¼" diced apples	100 gm
Garlic paste	10 gm
Ginger paste	10 gm
Salt	5 gm
Canola Oil	10 ml
Real Curries Khorma Sauce	1 kg
Vegetable stock or water	150 ml (approx)
Cream 35 %	60 ml
Butter soft	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp



COOKING INSTRUCTIONS:

1. Blanch mixed vegetables 'al-dente' in salted water (refer to note below)
2. Heat  Khorma sauce and mix in strained vegetables with some stock and simmer for few minutes. Add more stock to adjust thickness as required.
3. Garnish with Cashew nuts, raisin and diced apples
4. Finish with cream and butter sprinkled with chopped fresh coriander leaves and ginger juliennes.

Chef's note: Proportion of vegetables to sauce is 1:1 ratio by weight.

**** Diced potatoes, carrots, cauliflower florets and green peas equal quantities.**



KHORMA SAUCE


Meat Balls Khorma



INGREDIENTS:

Meat balls**	1 Kg
Real Curries Khorma Sauce	1 kg
Chicken or beef Stock	150 ml (approx)
Cream 35 %	60 ml
Butter soft	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Heat  Khorma sauce and mix in meat balls with some stock and simmer for few minutes. Add more stock to adjust thickness as required.
2. Finish with cream and butter sprinkled with chopped fresh coriander leaves and ginger juliennes.

Chef's note: Proportion of meat: sauce is 1:1 ratio by weight.

Ready to use frozen meat balls can be used**



ROGANJOSH SAUCE

Lamb Roganjosh


(Lamb with onions, yoghurt with a pronounced flavour of fennel and black cardamom finished with whipped yoghurt)



INGREDIENTS:

Lamb leg bone-in 1" dice	1 Kg
Garlic paste	10 gm
Ginger paste	10 gm
Green chilly paste	5 gm
Salt	5 gm
Canola Oil	10 ml
Real Curries Roganjosh sauce	1 kg
Chicken Stock	150 ml (approx)
Whipped Yoghurt	100 ml
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Marinate meat with ginger, garlic and green chilli paste and simmer in well seasoned stock till tender.
2. Strain meat and reserve stock.
3. Heat  Roganjosh sauce and mix in strained meat with some stock and simmer for few minutes. Add more stock to adjust thickness as required.
4. Finish with whipped yoghurt and chopped fresh coriander leaves ginger julienne.
5. Proportion of meat: sauce is 1:1 ratio by weight.

Chef's note: Proportion of meat: sauce is 1:1 ratio by weight.



ROGANJOSH SAUCE

Chicken Raganjosh


(Chicken with onions, yoghurt with a pronounced flavour of fennel and black cardamom finished with whipped yoghurt)



INGREDIENTS:

Chicken bone-in (cut up)**	1 Kg
Garlic paste	10 gm
Ginger paste	10 gm
Green chilly paste	5 gm
Salt	5 gm
Canola Oil	10 ml
Real Curries Roganjosh sauce	1 kg
Chicken Stock	150 ml (approx)
Whipped Yoghurt	100 ml
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Marinate meat with ginger, garlic and green chilli paste and simmer in well seasoned stock till tender.
2. Strain meat and reserve stock.
3. Heat  Roganjosh sauce and mix in strained meat with some stock and simmer for few minutes. Add more stock to adjust thickness as required.
4. Finish with whipped yoghurt and chopped fresh coriander leaves ginger julienne.
5. Proportion of meat: sauce is 1:1 ratio by weight.

Chef's note: Whole chicken cut-up in 12 to 14 pieces.**

Proportion of meat: sauce is 1:1 ratio by weight.



ROGANJOSH SAUCE

Beef Roganjosh


(Beef with onions, yoghurt with a pronounced flavour of fennel and black cardamom finished with whipped yoghurt)



INGREDIENTS:

Beef 1" dice	1 Kg
Garlic paste	10 gm
Ginger paste	10 gm
Green chilly paste	5 gm
Salt	5 gm
Canola Oil	10 ml
Real Curries Roganjosh sauce	1 kg
Chicken Stock	150 ml (approx)
Whipped Yoghurt	100 ml
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Marinate meat with ginger, garlic and green chilli paste and simmer in well seasoned stock till tender.
2. Strain meat and reserve stock.
3. Heat  Roganjosh sauce and mix in strained meat with some stock and simmer for few minutes. Add more stock to adjust thickness as required.
4. Finish with whipped yoghurt and chopped fresh coriander leaves ginger julienne.
5. Proportion of meat: sauce is 1:1 ratio by weight.

Chef's note: Proportion of meat: sauce is 1:1 ratio by weight.



ROGANJOSH SAUCE

Meat Balls Curry


(meat balls with onions, yoghurt with a pronounced flavour of fennel and black cardamom finished with whipped yoghurt)



INGREDIENTS:

Meat balls**	1 Kg
Real Curries Roganjosh Sauce	1 kg
Chicken or beef Stock	150 ml (approx)
Butter soft	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Heat  Roganjosh Sauce
2. Mix Sauce in meat balls with some stock and simmer for few minutes. Add more stock to adjust thickness as required.
4. Finish with cream and butter sprinkled with chopped fresh coriander leaves and ginger juliennes.

Chef's note: Proportion of meat: sauce is 1:1 ratio by weight.

Ready to use frozen meat balls can be used**



ROGANJOSH SAUCE

Lamb Spinach Curry

(Lamb with onions, yoghurt with a pronounced flavour of fennel and black cardamom finished with whipped yoghurt)



INGREDIENTS:

Lamb leg bone-in 1" dice	1 Kg
Spinach, Blanched & chopped	500 gm
Garlic paste	10 gm
Ginger paste	10 gm
Green chilly paste	5 gm
Salt	5 gm
Canola Oil	10 ml
Real Curries Roganjosh sauce	1 kg
Chicken Stock	150 ml (approx)
Whipped Yoghurt	100 ml
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Marinate meat with ginger, garlic and green chilli paste and simmer in well seasoned stock till tender.
2. Strain meat and reserve stock.
3. Heat  Roganjosh sauce and mix in strained meat with some stock and simmer for few minutes. Add spinach adjust consistency as required.
4. Finish with whipped yoghurt and chopped fresh coriander leaves ginger julienne.

Chef's note: Proportion of meat: sauce is 1:1 ratio by weight.



ROGANJOSH SAUCE

Madras Chicken Curry


(Chicken with onions, yoghurt with coconut milk, tempered with curry leaves and mustard seeds)



INGREDIENTS:

Chicken bone-in (cut up)**	1 Kg
Garlic paste	10 gm
Ginger paste	10 gm
Fresh curry leaves	5 gm
Mustard seeds	5 gm
Coconut milk (390ml)	1 can
Salt	5 gm
Canola Oil	10 ml
Real Curries Roganjosh sauce	1 kg
Chicken Stock	150 ml (approx)
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Marinate meat with ginger, garlic and green chilli paste and simmer in well seasoned stock till tender.
2. Strain meat and reserve stock.
3. Heat  Roganjosh sauce and mix in strained meat with some stock and simmer for few minutes. Add more stock to adjust thickness as required.
4. Meanwhile heat oil in a pan till smoking add mustard seeds and curry Leaves and immediately add coconut milk, bring to boil and add it to the curry.
5. Finish with chopped fresh coriander leaves ginger julienne.

Chef's note: Whole chicken cut-up in 12 to 14 pieces. **

Proportion of meat: sauce is 1:1 ratio by weight.



CHANNA MASALA

Channa Masala


(Curry sauce flavoured with onion and fennel seeds)



INGREDIENTS:

Chick Peas (1 can)	1 Kg
Real Curries Channa masala Sauce	1 Kg
Vegetable stock or water	150 ml (approx)
Butter soft	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Drain and wash canned chick peas.
2. Heat  Channa Masala sauce and mix in chick peas.
3. Simmer for a few minutes.
4. Finish with butter sprinkle with chopped fresh coriander leaves and ginger juliennes.

Chef' Note: Proportion of Chickpeas to sauce 1:1 ratio by weight.



CHANNA MASALA

Aalo Chole


(Curried potatoes and chick peas)



INGREDIENTS:

Chick Peas (1 can)	850 gm
Boiled ½" diced potato	250 gm
Real Curries Channa masala Sauce	1 kg
Vegetable stock or water	150 ml (approx)
Butter soft	50 gm
Fresh Chopped Cilantro	2 Tbsp
Fresh Ginger fine julienne	1 tsp

COOKING INSTRUCTIONS:

1. Mix diced potatoes and canned chick peas (drained and washed).
2. Heat  Channa Masala sauce and mix in chick peas and potatoes.
3. Simmer for a few minutes.
4. Finish with butter sprinkle with chopped fresh coriander leaves and ginger juliennes.

Chef' Note: Proportion of vegetables to sauce 1:1 ratio by weight.



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