

KERALAN KARAVAN 15-MINUTE CURRY BASE

SERVES 4

INGREDIENTS

CURRY BASE

- 150g Crispy fried onions
- 1 Medium ripe tomato
- 2 tbsp Tomato paste
- 2 tbsp Fresh ginger-garlic paste
- 15 Cashews soaked in hot water
- 1 Green chilli
- Handful Fresh coriander stalks
- 150–200ml Hot water

SPICE SLURRY

- 1 tbsp Coriander powder
- 1 tsp Cumin powder
- 1 tsp Kashmiri chilli powder
- ½ tsp Turmeric powder
- ½ tsp Black pepper powder
- To taste Salt
- 2–3 tbsp Water
- 1 tsp Oil

TO FINISH / GARNISH

- Small handful Fresh coriander chopped
- Optional Kasuri methi
- Optional Butter or coconut milk

METHOD

STAGE 1 – THE BLENDER CHEAT



Add the fried onions, tomato, tomato paste, ginger-garlic paste, cashews, green chilli, coriander stalks, and hot water into a blender. Blend until smooth and silky.

STAGE 2 – PREPARE THE SPICE SLURRY



In a small bowl mix the coriander powder, cumin powder, chilli powder, turmeric powder, black pepper powder, and salt. Add the water and 1 tsp oil to create a smooth loose paste. This helps protect the spices from burning and gives a smoother curry.

STAGE 3 – BHUNA



Heat oil in a pan over medium heat. Add the blended curry base and cook for 3–4 minutes until slightly darker in colour. Add the spice slurry and continue cooking for another 2–3 minutes, stirring continuously until glossy and aromatic and the oil starts separating around the edges.

STAGE 4 – FINISH



Add your chosen protein or vegetables and cook until done. Adjust consistency with a splash of hot water if needed. Finish with fresh coriander and optional kasuri methi, butter, or coconut milk.

CHEF NOTES

- ✿ Tomato paste gives instant depth and colour while keeping the recipe fast.
- ✿ The spice slurry prevents dry spices from burning during the bhuna stage.
- ✿ This curry base can be refrigerated for up to 3 days or frozen for future curries.
- ✿ Perfect with basmati rice, naan, paratha, or loaded fries.

*Indian cooking doesn't need to be complicated –
it just needs confidence.*