

# Vindaloo

Source: <https://www.recipetineats.com/vindaloo/#wprm-recipe-container-65415>  
vindaloo.odt

Gene: 4.5 / 5.0 - Not quite as good as Haldi

Iris: 5.0 / 5.0 - but vindaloo isn't her favorite dish

Notes: Make rice to go with.

Prep Time20 minutes Cook Time2 hours 30 minutes Marinating 2 hours
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## Ingredients

- 1.5 lbs chicken
- 3 medium potatoes, cubed and boiled but slightly hard.
- 1 1/2 tsp salt

## Curry paste:

- 4 Tbsp Kashmiri chilli powder
- 2 tsp smoked paprika
- 2 tsp (regular) paprika
- 2 tsp coriander seeds
- 3 tsp cumin seeds
- 4 cloves
- 4 cardamom pods (green)
- 2 tsp cinnamon powder
- 1/2 tsp black peppercorns
- 2 tbsp fresh ginger , roughly chopped
- 10 garlic cloves (yes, 10!)
- 1 tsp brown sugar
- 1 tsp fenugreek seeds (Note 3)
- 1/4 tsp turmeric powder
- 7 tbsp white vinegar
- 2 cups water

## Curry sauce:

- 50g / 3 tbsp ghee or unsalted butter (Note 4)
- 1 onion , finely chopped (brown, yellow, white)
- 2 tsp ginger , finely grated
- 4 garlic cloves , finely minced
- 1 1/2 tsp black mustard seeds (Note 5)
- 2 tbsp tomato paste
- 10 curry leaves , fresh (Note 6)
- 2 cups beef stock , low sodium (if using homemade, add 1/2 tsp salt)

## Garnish:

- 2 tbsp coriander/cilantro leaves , roughly chopped

## Instructions

- **Salt chicken:** Toss chicken in salt.
- **Check spiciness** of kashmiri chilli powder and adjust if desired. See Spiciness Note below.
- **Curry Paste:** Place Curry Paste ingredients in a Nutribullet or small food processor with 1 cup of the water. Blitz until smooth. Pour over chicken. Pour remaining 1 cup water into Nutribullet, shake (to clean out remaining curry paste), then pour/scrape over beef.
- **Marinate chicken:** Mix chicken in curry paste, cover, then marinate 2 hours. (Note: marinade is fairly thin - the water cooks down during slow cooking.)
- **Preheat** oven to 190°C/375°F (170°C fan).
- **Curry sauce:** Melt ghee over medium high. Cook onion, ginger and garlic until they become translucent - about 3 minutes.
- **Mustard seeds:** Add black mustard seeds then cook until onion is tinged with gold. Stir in tomato paste, cook 1 minute.
- **Puree sauce:** Add beef stock, stir. Transfer into a jug then use a stick blender to puree until smooth. Pour back into the pot.
- **Add chicken:** Add chicken, potatoes, and curry leaves, stir then bring to boil.
- **Slow cook:** Cover with a lid, then place in the oven for 50 minutes or until chicken is tender and the sauce has darkened in colour and thickened. (See Note 7 if sauce hasn't reduced enough).
- **Remove chicken:** Remove chicken and set aside. Simmer until sauce has thickened to desired consistency.
- **Return chicken, allow to heat.**
- **Serve:** Garnish with coriander, then serve over basmati rice with a side of naan!

**SPICE CONTROL:** Spiciness in this comes from Kashmiri.

**Reduce spiciness** by reducing Kashmiri. For every 1 tablespoon for Kashmiri you reduce, replace with 1 teaspoon of SWEET/REGULAR paprika + 1 teaspoon of SMOKED paprika (not spicy, has a smoky flavour like Kashmiri chilli).

**1. Alternate: Beef** - Beef chuck works well because it's a tough cut that becomes "fall apart tender" after slow cooking. Boneless ribs will also work as would beef osso bucco (use 1.2kg / 2.4lb inc bone, keep them whole, the meat will fall off in pieces once slow cooked). If you can get well marbled brisket, that will also work but I find a brisket a bit stringy cooked in stew-like form.

**Other proteins** - Lamb shoulder and pork shoulder will work too. **For beef**, cook for two hours until fall-apart tender.

**2. Kashmiri chilli** - Kashmiri is a spicy, smokey Indian chilli powder that gives this curry the red colour plus spiciness.

**3. Ghee** is clarified butter, one of the traditional fats used in Indian cooking. It has a more intense flavour than butter. Either buy it, make it (easy and keeps for months) or just use normal butter!

**6. Fresh curry leaves** - key ingredient for authentic flavour! Sub dried curry leaves.