

SHS Chicken Curry

Ingredients:

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|---------------------------|----------------|
| 1. Chicken | 1kg |
| 2. Onions (medium size) | 4 |
| 3. Tomatoes (medium size) | 4 |
| 4. Oil | 5 tbsp |
| 5. Salt | As required |

Process:

1. Heat oil in a dish and fry finely chopped onion till golden brown.
2. Add chicken pieces and spices (turmeric, garlic, ginger, cumin, coriander & chilly powder)
3. Add salt to taste and mix thoroughly. Cook until no trace of water.
4. Add sliced tomatoes & garam masala to it.
5. When tomatoes get soft, add 2 cups of water.
6. Cook until meat is tender

For Chicken Curry

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| Cumin | 4 gms |
| Coriander | 7gms |
| Chilly | 1 gms |
| Turmeric | 2 gms |
| Ginger | 4 gms |
| Garlic | 3 gms |
| Garam Masala | 4 gms |

SHS Seafood Curry

Ingredients:

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|-----------------|---------|
| 1. Seafood | 1kg |
| 2. Lemon | 1 or 2 |
| 3. Oil | 4tbsp |
| 4. Onion Paste | 150 gms |
| 5. Tomato Paste | 200 gms |

Process:

1. Squeeze the lemon in the cleansed seafood & add half-teaspoon full salt. Mix it properly & keep aside for 5 – 10 mins
2. Heat the oil in a pan & fry the seafood until light brown. Remove, drain the excess oil & keep aside.
3. In the same pan, add the onion paste & turmeric. Fry it in medium heat until golden brown.
4. Add tomato paste & the masalas (cumin, coriander, garlic, ginger & chilly) and add salt according to taste
5. Fry until it leaves the dish.
6. Add 2 cups of water & let the mixture boil.
7. Add the fried seafood to it.
8. Put the Mustard Powder when it boils
9. Cook until the mixture is gravy.
10. Add Garam masala and bring to a boil.
11. Add Black Pepper & the dish is ready to serve.

For Seafood Curry

| | |
|-----------|-------|
| Cumin | 3 gms |
| Coriander | 4 gms |
| Chilly | 1 gms |
| Turmeric | 2 gms |
| Ginger | 4 gms |
| Garlic | 5 gms |
| Mustard | 4 gms |

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|--------------|-------|
| Black Pepper | 2 gms |
|--------------|-------|

SHS Vegetable Curry

Ingredients:

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| 1. | Vegetables | 1kg |
| 2. | Onions (small size) | 2 |
| 3. | Tomatoes (small size) | 3 |
| 4. | Oil | 3 tbsp |
| 5. | Seasonal vegetables like cabbage, cauliflower - ½ kgs | |

Process:

1. Heat oil in a dish & season it with Pancha Furna. Fry finely chopped onions until golden brown.
2. Add the cut pieces of vegetables to it.
3. Season it with salt and turmeric.
4. Stir it for a while and put in the given spices except Garam Masala. Continue frying for a while.
5. Add the available vegetables to it and fry for sometime.
6. Add finely sliced tomatoes, stir well and add Garam Masala.
Put three cupes of water & cook until it is gravy

For Vegetable Curry

| | |
|--------------|-------|
| Cumin | 4 gms |
| Coriander | 7gms |
| Chilly | 1 gms |
| Turmeric | 2 gms |
| Ginger | 4 gms |
| Garlic | 3 gms |
| Garam Masala | 3 gms |
| Pancha Furna | 2 gms |