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Recipe: Chip Shop Style Curry Sauce and Crispy Wedges



Ingredients

1 onion
2 tablespoons of sunflower oil
A small piece of fresh ginger
2 cloves of garlic
1 eating apple
2 tablespoons of medium curry powder
1 teaspoon of cumin
1 teaspoon of turmeric
Half a teaspoon of paprika
Half a teaspoon of ground coriander
1 heaped tablespoon of plain flour
500ml vegetable bouillon or stock
1 heaped teaspoon of sugar
1 tablespoon of tomato puree
Salt and freshly milled black pepper
100ml apple juice

Preparation

1. Peel and chop the onion very finely. Heat the oil in a large pan over a low heat then saute the onion for 5-6 minutes until it is soft.
2. Peel the ginger and grate it, or chop it very finely, and peel and crush the garlic, then add them both to the softened onion and cook for another minute or two.
3. Peel, core and chop the apple into very small pieces then add that too. Sprinkle in the curry powder, cumin, turmeric, paprika and coriander and stir everything together over a gentle heat.
4. Add the flour a little at a time, stirring constantly, then gradually add the bouillon as you continue to stir, until it is all incorporated. Next add the sugar and tomato puree and season well with salt and black pepper.
5. Simmer very gently for 15-20 minutes the spices should be cooked through and the onion and apple should be soft. Stir in the apple juice and cook for a further 2 minutes.

6 Pour the sauce into a blender and pulse it quickly a few times the finished sauce should not be completely smooth, unless you prefer it that way, but thick and slightly lumpy. Return to the pan to warm, then serve

7 To make the wedges preheat the oven to 220 degrees, 200 degrees fan oven. Brush 2 oven trays with oil and heat in the oven for a few minutes.

8 Peel 4 large baking potatoes and cut into thick slices, then into chunky wedges. Place them on the prepared trays and drizzle or spray with a little more oil, then season with salt and pepper.

9 Cook them in the hot oven, turning them over half way through, for about 30 minutes, or until they are fluffy in the middle and brown and crispy on the outside.

Cooks Note

Serve it poured over chips, or make a big bowl to go with homemade chunky potato wedges. Or you could combine it with leftover vegetables or cuts of meat to make a fast curry to serve with rice, use it to fill a jacket potato, or simply dollop a spoonful next to simple grilled chicken.