

Tikka Masala Paste

This tasty curry paste adds depth of flavour to Asian-inspired dishes. Try using this one in the Chicken Tikka Masala recipe (available on our website) for the ultimate home-made take-away.



Celery and sulphites*

Nutritional information per portion (19g):

Energy	Fat	Saturates	Sugars	Salt
210kJ 50kcal 3%	4.8g 7%	1.4g 7%	0.8g 1%	0.03g 0%

of an adult's reference intake.
Typical values per 100g: energy 1105kJ/263kcal.

Equipment

Measuring spoons
Small heavy-bottomed frying pan
Pan stand
Wooden spoon
Pestle and mortar or small blender
Small bowl
Chopping board
Sharp knife
Fork
Teaspoon
Grater

Ingredients

Serves 4–5 in a curry dish
2 x 5ml spoons cumin seeds
1 x 5ml spoon coriander seeds
1 small red chilli
4cm piece root ginger
2 cloves garlic
2 x 5ml spoons garam masala
2 x 5ml spoons dessicated coconut
1 x 15ml spoon tomato puree
1 x 15ml spoon sunflower oil
1-2 x 5ml spoons water (to bind)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Make sure your spices are within their use-by date (old coriander seeds will take much longer to toast, lose much of their flavour and can burn more easily).

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Method

1. Put the cumin and coriander seeds in a dry frying pan and heat over a medium heat until the cumin turns golden brown and the coriander seeds begin to pop. Stir occasionally.
2. Carefully pour the toasted seeds into the blender (or mortar) and blend (or grind with the pestle) until the seeds turn into a fine powder. If using the pestle and mortar, try using a circular motion with the pestle, holding the mortar steady with the other hand. Transfer to a small bowl.
3. Wash and deseed the chilli, then slice finely. Wash your hands afterwards.
4. Peel the ginger and grate using the coarse side of the grater. Peel and finely chop the garlic.
5. Add the chilli, garlic and ginger to the blender (or mortar) and blend or grind until smooth.
6. Add the spices, coconut, tomato puree, oil and a little water and mix together to make a paste.

Something to try next time

- Rub the curry paste onto chicken breasts before cooking for an authentic taste. You can also marinate chicken in a mixture of natural yoghurt and curry paste to make it tender.
- Add 2 x 5ml spoons of curry paste to a vegetable soup recipe (stir it through the vegetables before adding the liquid) for a bit of spice.

Prepare now, eat later

- Toast the cumin and coriander seeds and store in an airtight container for up to 1 month.
- To store, wait until the paste is cool then spoon into a sterilised jar. Press into the jar with a teaspoon. Pour 2 x 5ml spoons of olive oil over the surface of the paste, then seal. Store in the fridge and use within 1 week.

Skills used include:

Measuring, peeling, chopping, grating, blending and mixing/combining.