

Curry

1 cup yogurt for 2 onions

hot oil in pan, cook sliced onions until golden brown 40ish minutes, don't need to be caramelized just cooked

blend onions with yogurt

heat ghee in same pan, add whole spices, garlic, ginger

fry vegetables and/or meat for a few minutes

add yogurt mix and ground spices, simmer for a few minutes, lower heat and cook for 15

stir add salt adjust seasonings, cover cook for 10 more

add water, bring to a boil, lower heat simmer for a few minutes

whole spices: dried chilies, bay leaf, no longer using cardamom pods

ground spices: MDH tandoori masala blend or equivalent, some ground cardamom, add cayenne for more heat and paprika for redness, should be ~4 tbsp all together

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