

# Madras/Vindaloo

Serves 2

This is a hot curry in the style of a Madras or a Vindaloo. In many standard Indian restaurants the vindaloo is just a hotter version of the Madras except the vindaloo might also contain potato. This is a generic recipe for that kind of curry.

The curry house Madras is a restaurant invention which started life as the standard restaurant curry but was hotted up by the curry house chefs to suit the British taste for more pungent curries. The vindaloo carries on the upward trend in hotness. The restaurant vindaloo rarely bears any resemblance to the Goan Vindalho on which it is supposed to be based.

According to food writer Nigel Slater on the BBC's *The Nation's Favourite Food* "there's no such thing as Chicken Madras". This sort of foodie talk misses the point. OK, so you wouldn't find something called chicken Madras in India but it's on every curry house menu and on every supermarket shelf in the UK. Who cares if it's not authentic as long as it's good? That's why chicken Madras made it into the top 10 in the BBC's survey. People like it. I like it.

## ingredients

1 batch of pre-cooked [chicken](#), pre-cooked [lamb](#), prawns or vegetarian option  
1 × 2.5ml spoon ginger/garlic paste (see method)  
3 × 15ml spoons vegetable oil  
2 green cardamom pods  
1 dried bay leaf  
6 dried Bird Eye chillies (for vindaloo strength)  
10 × 15ml spoons [Curry Base](#)  
1 × 5ml spoon ground cumin  
1 × 5ml spoons ground coriander  
1 × 5ml spoon paprika  
1 × 5ml spoon *hot* chilli powder  
1 × 2.5ml spoon lemon juice  
4 grinds black pepper  
1 × 2.5ml spoon dried fenugreek leaves  
2 × 5ml spoons tomato paste (concentrated tomato purée)  
salt  
[Curry Stock](#), water or vegetable oil to loosen the curry

## method

1. Make the Curry Base.
2. Prepare the main ingredient – either chicken, lamb, king prawn or vegetarian.
3. Grate some ginger and crush some garlic. Spoon the ginger and garlic in equal volumes in a mortar and then mash with a pestle until you get a paste.
4. Heat the oil in a 20cm heavy bottomed saucepan over a medium/high heat.
5. Put the cardamom pods, bay leaf and Bird Eye chillies (if using) into the hot oil and stir them around until the cardamom pods and chillies swell up a little.
6. Turn the heat down to medium, wait a while for the oil to cool a little and add 15ml Curry Base and the ginger/garlic paste. Stir fry for 10 seconds or so. Then add another 15ml Curry Base and the ground cumin, ground coriander, paprika and chilli powder and stir fry for 30 seconds. Add a further 30ml Curry Base and stir-fry for 30 seconds to get the spices nicely aromatic. Keep adding 30ml Curry Base at a time and frying it for half a minute until you have incorporated all 10 of the 15ml spoonfuls.
7. Add the lemon juice, black pepper, fenugreek leaves and concentrated tomato purée and stir to mix.
8. Bring the sauce to the boil and simmer gently for 10 minutes stirring from time to time.
9. If the curry gets too thick add a little Curry Stock or water to loosen the sauce. Wait until that liquid has gone before adding more but make sure the sauce is quite dry before adding the pre-cooked meat. To achieve a restaurant-style consistency in the sauce you might want to add 1 x 15ml spoon of vegetable oil instead of 15ml of the Curry Stock. It's up to you.
10. Now add the pre-cooked chicken or lamb (see below if you are using prawns or a vegetarian option) and all the juices that have collected in the bowl into the saucepan. Stir to coat the meat with sauce.
11. Cook for 7 minutes so the meat is completely heated through.
12. If you are making a prawn or vegetarian curry then cook the sauce for a further 7 minutes and then add the prawns or vegetarian option 3 minutes before the end of the cooking to heat through but make sure the sauce is quite dry before you do so.
13. Taste the curry and add salt and a little more lemon juice if necessary.
14. Transfer the curry to a warmed serving dish.



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