

Curry Stock

Curry Stock is used to thin down the sauce in curries. You can use plain water to loosen curries if you like but this curry-stock adds flavour as well as liquid.

The great thing about this Curry Stock is that it uses up a lot of the bits you might otherwise have thrown away. It uses the coarser stalks from fresh coriander, the skinny little cloves of garlic that I always stick in the bin and a slice of ginger from that end bit that you put in the fridge “just in case”.

The end result is a fragrant, golden liquid which looks not unlike a glass of Stella Artois (doesn't taste like it though). Freeze any you have left over in ice cube trays so you can defrost a little at a time.

ingredients

250ml water
the coarse stalks from a 15g – 20g bunch of fresh coriander
10 whole black peppercorns
1 × 2.5ml spoon whole coriander seeds
a thin slice of fresh ginger (skin left on)
1 skinny clove of garlic, peeled but left whole

method

1. Put all the ingredients into a saucepan.
2. Bring the water to the boil, cover and simmer for 20 minutes.
3. Pour off the liquid through a sieve into a jug and discard the herbs and spices left in the sieve.
4. Use as directed in the recipes. Refrigerate the stock once it has cooled to room temperature. It will keep for up to 3 days in the fridge.

note

If you want to achieve the look and taste from an old fashioned curry house substitute 15ml of oil for 15ml of Curry Stock when you loosen the curry. **N.B.** – don't add extra oil to sauces containing cream or yoghurt as it will make the curry unbearably fatty rather than pleasantly unctuous. Similarly, recipes like the saag, which use butter as a garnish, will not need any extra oil.



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