

Sri Lankan Red Curry Seasoning

Yield: 3 qt of Seasoning Paste

Prep Time: one hour including prep

Equipment: high speed food processor

Ingredients

- Roasted cayenne pepper 2 tbsp
- Roasted cumin $\frac{1}{4}$ cup
- Spanish paprika 1 cup
- Coriander powder $\frac{1}{4}$ cup
- Garlic cloves 2 heads
- Onion powder $\frac{1}{2}$ cup
- Ginger root cubed 1 cup
- Crushed black pepper $\frac{1}{4}$ cup
- Ground nutmeg 2 tbsp
- Cloves 10
- Cardamom 20
- Amchur powder 2 tbsp (ground raw mango powder)
- Coconut vinegar 1 cup
- Desiccated coconut $\frac{1}{2}$ cup
- Red lentil soaked 1 cup
- Tomato pastes 2 cans
- Salt $\frac{1}{2}$ cup
- Nutritional yeast $\frac{1}{4}$ cup
- Soy sauce $\frac{1}{4}$ cup
- Mustard oil cup
- coconut oil cup
- Lemongrass 2 sticks
- Sri Lankan black curry powder 2 tbsp



Preparation

Measure out quantities of dry seasonings in separate bowls ready to go.

Clean and rinse lemongrass and ginger. Peel and roughly chop garlic, ginger, and lemongrass.

Rinse and soak red lentils in water until soft.

Peel and crush cloves and cardamom.

Pulse lentils, lemongrass ginger and garlic in the food processor until finely processed.

Add half a cup of mustard oil, half a cup of coconut oil, $\frac{2}{3}$ cup vinegar and quarter cup of dark soy sauce and continue to blend until smooth. For about two more minutes.

Stop the food processor and add all the dry seasoning powders at once. Cover and process additional minute.

Add remaining mustard oil, coconut oil and vinegar and continue to process until a smooth paste is formed.

Heat a heavy bottomed pan on very low heat and melt two tablespoons of coconut oil. Gently pour the paste in there and heat on very gentle heat for about 5 to 10 minutes, until fragrant and turns darker in color continuously stirring.

Turn the heat off and allow to completely cool in the same pan.

This recipe yields a lot of seasoning base. It is too strong to be used as a sauce on its own, so I highly recommend dividing in to 8 to 16 oz glass jars. Store in the freezer what you are not going to use in a week.

Basic Curry in 15 minutes using red curry seasoning.

2 heaping tablespoons of the seasoning base

Cup of scraped coconut

One medium size onion

One big tomato

Two Thai hot green chilies (optional)

sprig of curry leaves

pinch of Turmeric (optional)

1 cup of scraped coconut

Half an inch of cinnamon stick

Blend everything in a blender with a cup of water to make runny base. Heat a heavy bottomed pot in a medium high and add the curry base in it. heat to boiling stirring continuously.

Once started to boil add a cinnamon stick, curry leaves, and turn the heat down. (If you want to add a vegetable, seafood, or chicken you can add here. I would recommend any of followings chicken breast/ shrimp/ potatoes/ carrots and peas/boiled red beans and Swiss chard/ any white fish cubed without skin)

Simmer for 15 minutes or until oil separates from the coconut cream.

Adjust the salt to your taste.