

Bluelady's Recipes

Vindaloo

1 tsp. cardamom seeds	2 tsp garlic, minced
1 tbsp chili powder	2 tsp mustard powder
4 cinnamon sticks	2 tsp turmeric powder
12 whole cloves	1 1/4 cups vinegar, malt or wine
1 tbsp coriander seeds	1 tbsp olive oil
2 tsp. cumin seeds	4 lb cubed lean beef or chicken breast
2 tsp fenugreek seeds	4-6 tbsp mustard or ghee
2 tsp ginger, fresh, minced	2 onions, chopped
1 tsp black peppercorns, whole	4 bay leaves
2 tsp salt	

Very slightly adapted for health from [The Epicenter.com](https://www.theepicenter.com)

1. Gently dry roast the spices from cardamom through to peppercorns for about 5 minutes on top of the stove.
2. Put roasted spices in blender with salt, garlic, mustard and turmeric. Add vinegar. Add water to liquefy if necessary.
3. Place the meat in non-metallic bowl with the vinegar mixture. Mix well and leave to marinade for 24 hours, turning occasionally.
4. Heat mustard or ghee with the onion, cumin, garlic and onions until the onions are soft. Remove and set aside.
5. Fry the meat for a few minutes, adding olive oil *if necessary*.
6. Add the rest of the vinegar mixture and onions and simmer until the meat is tender.