

# Basic Curry Sauce

## Ingredients

1 Onion (diced)  
6 garlic cloves finely chopped  
½ tsp Chilli Powder  
1 tsp Garam Masala  
1 tsp Turmeric  
2 tsp Coriander Seeds  
400g Tin Chopped Tomatoes  
250 ml Stock (whatever preference type)

- Fry onions slowly for 5 minutes
- Add garlic & 1/2 tsp salt - cook for 2 minutes. Make sure you stir regularly as you don't want the onion to burn just soften and lightly brown
- Add all the spices and cook for 2 minutes
- Add stock and tomatoes, let simmer until the sauce thickens to a coating consistency
- Blend with stick blender or food processor. (check seasoning at this point)

You can now cook some chicken ,lamb, vegetables or fish and add to the sauce

Want it spicier? Fry some fresh chilli

Want it milder? Add coconut milk

Finish with fresh coriander

*Steve @ The Waggon*