

CURRY ON LIKE A PRO

With

SHEMIN'S

Fresh Herb

INDIAN CURRY PASTE

Quick & easy for Indian favourites
Marinades, Sauces & many more...



Recipe Book



SHEMIN'S

Our fresh and natural Indian curry paste is the perfect blend to make a huge range of delicious Indian dishes ranging all the way from creamy Kormas to sizzling stir fries.

Here we have collected all our favourite recipes, all easy to make and bursting with flavours, and put them together in this mouth-watering recipe book. So fire up those hobs and start your culinary adventure around India with Shemin's!

Shemin

Say hello! Get in touch and tell us about your adventures with Shemins!



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[Shemin's Curry Paste](https://www.youtube.com/Shemin's%20Curry%20Paste)



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CURRY TIPS

Indian Curry Paste

Preparing

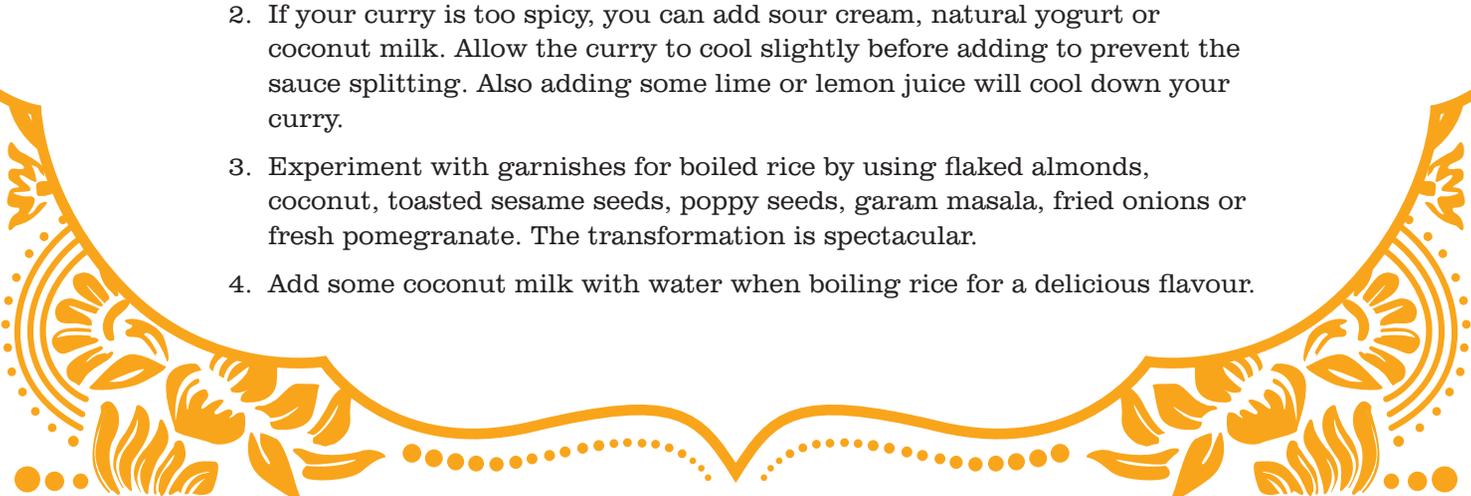
1. When starting a curry, if the mixture of fried onions, chopped tomatoes and paste dries out, add a little water to allow the spices to cook out (approx. 5-7mins).
2. It is essential you have the correct ratio of paste to ingredients - each of Shemin's pastes cooks up to **one kilogram** of ingredients e.g. meat or veg.
3. For all our vegetarian customers, you can substitute quorn chicken or mince in the recipes which contain meat.

Cooking

1. Add a little water at a time to the curry until you get the right consistency. Allow to simmer gently as a high heat won't result in a thicker curry.
2. Slowly fry your onions until soft and translucent or for a richer flavour let them turn golden brown.
3. If you are not using onions, fry Shemin's paste gently in heated oil for a few minutes before adding chopped tomatoes and tomato purée.
4. Adding a cinnamon stick, crushed cardamom and/or a few cloves to hot oil before adding the onions adds another layer of flavour to meat dishes. You can then remove these spices later if you prefer.
5. Try adding a tablespoon of tomato purée with your chopped tomatoes for a deeper flavour and a thicker sauce.
6. There is a high water content in raw chicken, so only add the water after the chicken is half cooked to prevent the curry from becoming watery.
7. Adding potatoes to a meat curry is really delicious. Potatoes can be pre-boiled slightly and then added to the mixture during the cooking process to save time.

Finishing Touches

1. Season the curry with salt (if necessary) and a little lemon or lime juice to liven up the flavour, approx 1 tablespoon.
2. If your curry is too spicy, you can add sour cream, natural yogurt or coconut milk. Allow the curry to cool slightly before adding to prevent the sauce splitting. Also adding some lime or lemon juice will cool down your curry.
3. Experiment with garnishes for boiled rice by using flaked almonds, coconut, toasted sesame seeds, poppy seeds, garam masala, fried onions or fresh pomegranate. The transformation is spectacular.
4. Add some coconut milk with water when boiling rice for a delicious flavour.



A CURRY IN A HURRY

Indian Curry Paste

Sometimes the best things are the simplest. Our much-loved 'Curry in a Hurry' recipes are a great way to cook delicious, authentic curries in a flash! Add in your favourite ingredients at the last step and in ten minutes you will have a curry bursting with flavour.



OUR GREATEST LOVED CURRY IN A HURRY

Serves 6

Method

1. Fry one large onion until golden brown.
2. Stir in 100g Shemin's Indian Curry Paste and then 400g chopped tomatoes. Cook gently for at least five minutes, adding a little water if the sauce gets too dry.
3. Add 900g of your favourite ingredients. Season to taste and add juice of 1/2 lemon or lime.

+ VEGETABLES,
MEAT, FISH,
OR LENTILS

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CHICKPEA, KIDNEY BEAN AND SPINACH CURRY

A favourite at our cooking demonstrations. Simple, fresh and full of authentic flavours.



Ingredients

Serves 4

- 1 tbsp Cooking oil
- 1 Medium onion, chopped
- 1 can Chopped tomatoes (400 grams)
- 100g Shemin's Indian Curry Paste
- 2 x 400g can each of chickpeas
- 2 x 400g kidney beans
- 200g Fresh or frozen spinach (4-5 spinach cubes)
- Juice of half a lemon or lime

Method

1. Fry an onion in oil until golden brown.
2. Stir in Shemin's Indian Curry Paste and then the tomatoes.
3. Simmer for 7-8 mins adding water if the sauce gets too dry.
4. Stir in the chickpeas and kidney beans. Allow to simmer for 10 minutes so that the beans absorb the curry sauce. Add a little water if the curry gets too dry. Mix in the spinach
5. Season to taste and add lemon or lime juice.

Tip

You can substitute kidney beans for par boiled potatoes.

CHICKEN JALFREZI

In Bengal, where the dish hails from, “jahl” means spicy hot, while “frezi” means fry. This recipe is one of our favourites, a fantastically rich, colourful and flavoursome dish. To decide how much extra kick you want, add extra chillies.



Ingredients

Serves 3-4

The Meat & Vegetables

- 1 tbsp Cooking oil
- 600g Chicken breasts, diced
- 1 Red pepper, chopped
- ½ A large onion, roughly chopped
- 50g Shemin's Indian Curry Paste
- 1-2 Red or green chillies (optional)
- 2 tsp Garam masala (optional but encouraged!)
- 2 tbsp Fresh, chopped coriander leaves

The Sauce

- ½ A large onion, sliced
- 50g Shemin's Indian Curry Paste
- 500g Passata
- 2 tsp Water

Method

1. Take the diced chicken and coat in Shemin's Indian Curry Paste, then leave it to marinate in the fridge while you make the sauce.
2. To make the sauce, fry the sliced onions in a large pan until browned. Add the water to the onion mixture and then simmer for around 10 minutes.
3. While that is simmering, heat another large pan and gently fry Shemin's Indian Curry Paste in a splash of oil for about a minute. Add the passata to the pan and simmer for around 10 minutes.
4. Add the fried onion mixture to the tomato sauce and simmer for 10 minutes.
5. Heat the oil in a medium sized pan and fry the marinated chicken stirring continuously. After a few minutes, turn down the heat and add the chopped onion, the red pepper and chillies. Stir this until the onions and pepper soften and the chicken is cooked.
6. Add the earlier prepared sauce to the cooked chicken and simmer for around 15 minutes. Just before you dish it up, stir in the garam masala and chopped coriander leaves. Serve with basmati rice or naan bread.

ROGAN JOSH

This is an aromatic lamb dish of Persian origin. Rogan means “oil” in Persian and Josh means “hot, boiling or heat.” Rogan Josh thus means cooked at intense heat, so fire up the hob!



Ingredients

Serves 4-6

- 10 tbsp Vegetable oil
- 900g Boneless lamb shoulder, stewing beef or diced chicken
- 10 whole Cardamom pods
- 2 Curry leaves
- 6 Whole Cloves
- 10 Whole Peppercorns
- 2½ cm Cinnamon sticks
- 2 Large onions, sliced
- 100g Shemin's Indian Curry Paste
- 4 tbsp Natural yogurt
- Water (see step 6)

Method

1. Heat the oil in a wide heavy pot over a medium heat, then brown the meat cubes in several batches and set to one side.
2. Put the cardamom, curry leaves, cloves, peppercorns and cinnamon into the same hot oil. Stir once and wait until the cloves swell and the bay leaves begin to take on colour. Add in the onions. Stir for 5 mins until they turn a medium brown colour.
3. Add Shemin's Indian Curry Paste and cook gently for 2 mins. Add a little water if necessary.
4. Add the fried meat cubes and juices.
5. Stir thoroughly, now add 1 tablespoon of yogurt and stir until well blended. Add the remaining yogurt, a tablespoon at a time in the same way. Stir for another 3 minutes.
6. Now add 250ml of water if you are cooking lamb, (100ml for chicken / 425ml for beef). Bring to the boil, scraping all the browned spices off the sides and bottom of the pot. Cover and cook on low for 30 mins for chicken, (1hr for lamb / 2hrs for beef).
7. Stir the meat occasionally whilst cooking. When the meat is tender take off the lid, turn the heat up to medium, and boil away some of the liquid. All the fat that collects in the pot may be spooned off the top. Serve with rice or naan.

TRY USING...

Stir in 1 level teaspoon of Shemin's Garam Masala before serving to add extra depth and flavour to your Rogan Josh.

CHICKEN KORMA

Best using Shemin's Mild Indian Curry Paste. Korma is a rich, creamy curry that has roots in Mughlai cuisines (a cooking style used between Delhi and Punjab). Being a mild curry it's great for the kids and also for those who prefer less chilli and a creamier flavour.



Ingredients

Serves 4-6

1 tbsp Cooking oil

1 Large onion, chopped

1x400g Tinned chopped tomatoes

100g Shemin's Indian Curry Paste

900g Boneless, skinless chicken pieces, such as thighs or breasts, cut into cubes

50g Ground almonds

100ml Double cream

25g Flaked almonds, toasted

Method

1. Heat up the oil in a large saucepan and fry the onions until brown and caramelised.
2. Stir in Shemin's Indian Curry Paste and then the tomatoes and cook gently for 10 minutes, adding a little water if the sauce gets too dry.
3. Add the chicken and cook for 20 minutes or until thoroughly cooked.
4. Stir in the ground almonds and double cream. Simmer for 10 minutes until the sauce is creamy and thickened.
5. Garnish with toasted flaked almonds and serve with naan bread and steamed basmati rice.

CHICKEN MADRAS

The madras curry is a south Indian curry. The further south you go the hotter the curries tend to get. Rich and pungent, your taste buds will be tingling for more!



Ingredients

Serves 4-6

900g Chicken thighs or breast

2-3 Green chillies

4 tbsp Cooking oil

3 Whole cloves

3-4 Whole cardamoms slightly crushed so that the pods are open

2 Large onions, finely chopped

100g Shemin's Indian Curry Paste

400g Passata

1 tsp Ground nutmeg

A small bunch of coriander

Method

1. Cut up the chicken into strips or cubes and chop up the chillies.
2. Heat a pan and add the oil, then add the cloves and cardamom. Cook until they start to sizzle.
3. Put the onions in and fry them until they are golden brown.
4. Add the chillies and Shemin's Indian Curry Paste and stir. Cook very gently for 5 minutes adding a little water.
5. Put the chicken in and stir.
6. Turn the heat down to a little below medium and add the passata and nutmeg. Cook for about 20 minutes until the chicken is tender.
7. Place the chicken madras in a bowl and sprinkle with chopped coriander.
8. Serve with rice.

TRY USING...

Stir in 1 level teaspoon of Shemin's Garam Masala before serving to add extra depth and flavour to your chicken madras.

CHICKEN TIKKA MASALA

Chicken Tikka Masala is a delicious curry which will make your mouth water! Undoubtedly a family favourite of ours for lunch or dinner.



Ingredients

Serves 4-5

100g Shemin's Indian Curry Paste
 2 tsp Shemin's Garam Masala
 375ml full fat yoghurt
 1 tsp salt (optional)
 750g skinless, boneless chicken breasts, halved lengthwise into strips
 2 tbsp oil
 1 small onion, thinly sliced
 1 tbsp tomato paste
 6 cardamom pods, crushed (optional)
 1 x 400g can chopped tomatoes
 2 small green chillies, split (optional)
 100ml whipping cream
 3/4 cup chopped fresh coriander plus sprigs for garnish
 Juice of 1 lime or lemon
 Steamed basmati rice (for serving)

Season to taste and stir in the lemon or lime juice to taste.

Serve with hot naan bread or rice and coriander sprigs.

Note: The marinade from the chicken is not normally mixed into the tomato sauce.

Do Ahead: Chicken can be made 2 days ahead. Cover; chill. Reheat before serving.

Method

1. Combine Shemin's Indian Curry Paste and garam masala in a small bowl. Whisk the yogurt, salt, and half of the curry paste and garam masala mixture into a medium bowl; add the chicken and turn to coat. Cover and chill for 30mins or as long as possible. Cover and chill remaining the spice mixture.
2. Heat the oil in a large heavy pot over a medium heat. Add the onion and cardamom, cook, stirring often, until onions are soft, for about 5 minutes. Add the remaining half of the curry paste and garam masala mixture and tomato paste and cook, stirring often, for about 4 minutes. Add a little water if the mixture gets too dry.
3. Add the tomatoes and chillies plus 300ml water. Bring to a boil; reduce heat, and simmer, stirring often until the sauce thickens, for about 8-10 minutes.
4. Add the cream and chopped coriander. Simmer, stirring occasionally, until the sauce thickens, for about 15 minutes.
5. Meanwhile, preheat the grill at the highest setting. Line a rimmed baking tray with foil and set a wire rack inside the baking tray. Arrange chicken on the rack in a single layer. Put the baking tray as close to the grill as possible and grill for 6-8 minutes on each side, until nicely charred at the edges.
6. Cut chicken into bite-size pieces if desired; add to the sauce, and simmer, stirring occasionally, until chicken is cooked through.

LAMB BHUNA

A bhuna is all about the style of cooking, with deep intense flavours that are achieved by slow cooking the dish until the meat is tender. Transfer this dish into a slow cooker and simmer for a few hours to get even more flavour!



Ingredients

Serves 4-6

4 tbsp Mustard oil

2 Large onions, sliced

100g Shemin's Indian Curry Paste

1 tbsp Tomato puree

400g Chopped tomatoes

1 tsp Salt

900g Leg of lamb, cut into chunks

100ml Water

1 tsp Shemin's Garam Masala (optional but encouraged!)

Method

1. Fry the onions in oil until light brown and caramelised.
2. In a separate bowl, add enough water to the curry paste to get the consistency of cream.
3. Add the curry paste mixture to the caramelised onions and cook gently for 5 minutes, add a little water if the mixture gets too dry.
4. Add the tomato puree and cook for a further 5 minutes, again adding a little water if the mixture gets too dry.
5. Add the chopped tomatoes and salt, cook gently until they dissolve into the sauce (around 8-10 minutes).
6. Add the lamb chunks and the 100ml of water. Simmer for 45 minutes or until tender. Check and stir regularly.
7. Check seasoning and add the garam masala before serving.

CHICKEN DHANSAK

Our Chicken Dhansak is sure to get you feeling all warm inside. This popular Parsi dish can be made with chicken or lamb. You can even omit the meat altogether and go vegetarian.



Ingredients

Serves 4

- 3 tbsp cooking oil
- 500g boned chicken thighs diced
- 1 onion, finely chopped
- 3 green cardamom pods
- 100g Shemin's Indian Curry Paste
- ½ cup of water
- 400g can chopped tomatoes
- 500ml chicken stock
- 100g red lentils
- 1 tbsp brown sugar (optional)
- 1 tbsp white wine vinegar
- 3 tbsp yoghurt
- Handful of chopped coriander

Method

1. Heat oven to 180C, gas mark 5. Then heat 2 tbsp of oil in a large lidded ovenproof casserole pan. Season the chicken thighs and fry in two batches until browned. Remove the chicken from the pan and set aside.
2. Add the remaining oil to the pan. Add the onion and fry gently for 10 minutes until it begins to soften. Meanwhile, bash the cardamom pods with the end of a rolling pin to split the husks and remove the seeds. Add the seeds, Shemin's Indian Curry Paste and water to the pan, and cook gently for 4-5 minutes.
3. Add the chopped tomatoes, stock, lentils sugar and vinegar to the pan, then add the chicken. Bring to the boil. Cover and place the pan in the oven for 50 minutes or until the chicken is tender and the lentils are soft and creamy.
4. Stir in the yoghurt, check the seasoning and serve topped with coriander and some basmati rice.

Tip

Stir in 1 level teaspoon of Shemin's Garam Masala before serving to add extra depth and flavour to your dhansak recipe.

LAMB VINDALOO

Get your tastebuds ready for some beautifully hot flavours with our fiery favourite lamb vindaloo. Those endorphins are going to be running wild...



Ingredients

Serves 6-8

- 1.5kg Boneless lamb shoulder
- 100ml White wine vinegar
- 2 tsp Salt
- 5 tbsp Sunflower oil
- 3 Medium onions finely sliced
- 200g Shemin's Indian Curry Paste
- 2tbsp Shemin's Garam Masala
- 500ml Lamb stock
- 1 tsp Sugar
- 500g Medium potatoes (preferably maris pipers)

Method

1. Trim the lamb, discarding any really hard lumps of fat and sinew, and then cut the meat into about 4cm chunks.
2. Put the vinegar and salt into a large non-metallic bowl, and then add the lamb in the marinade, mix and leave to chill for at least 2 hours.
3. To make the sauce, heat 3 tbsp of sunflower oil in a large frying pan, add the sliced onions and cook over a medium to low heat for 15 minutes until they are soft and lightly browned, stirring occasionally.
4. Add Shemin's Indian Curry Paste and the garam masala into the fried onions and cook gently for 5 minutes adding a little water if the sauce gets too dry. Scrape the mixture out of the pan into a large ovenproof casserole dish.
5. Drain the lamb really well in a colander, keeping the marinade. Return the pan to the heat and add 2 tbsp of the remaining oil. Fry the lamb in 4-5 batches over a medium to high heat until lightly browned.
6. Add a little extra oil if necessary and put each batch of browned lamb into the casserole dish with the curry sauce. Pre-heat the oven to 180°C (gas mark 4) and mix the reserve marinade, sugar and stock into the casserole dish with the lamb, bring to a simmer, pop the lid on and cook in the oven for 45 minutes.
7. Peel the potatoes and cut into bite sized chunks. When the 45 minutes is up, take the casserole dish out of the oven and stir the potato chunks into the curry. Put the casserole back in the oven for another hour until the lamb and potatoes are very tender.
8. Season with a little extra salt if necessary and serve with boiled rice or naan bread.

CHICKEN AND SPINACH BALTI

Our chicken balti recipe is sure to make your mouth water. Balti is a type of curry usually served in a thin pressed-steel wok, but no matter how you serve it up the taste will be absolutely delicious.



Ingredients

25g butter
 4 tbsp sunflower oil
 2 large onions, sliced
 100g Shemin's Indian Curry Paste
 1 tsp cinnamon powder
 4 cardamom pods, split
 1 tbsp tomato purée
 2 red peppers, sliced
 900g boneless, skinless chicken breasts or thigh fillets, cut in to bite-sized chunks
 ½ tsp sea salt
 4 small fresh ripe tomatoes, quartered
 185ml just-boiled water
 200g baby spinach leaves
 100ml fresh cream or natural yoghurt (optional)
 Juice of 1½ fresh limes

Method

1. To prepare the sauce base, melt the butter with 1 tablespoon of the oil in a large non-stick frying pan. You need a pan with a lid but if you don't have one handy, use a large non-stick saucepan instead. Add the onions to the pan, then cover with a lid and cook over a low heat for 15 minutes until very soft, stirring occasionally.
2. Remove the lid from the pan and turn up the heat. Cook the onion mixture for 2-3 minutes more, stirring constantly until well coloured. Add the curry paste, cinnamon and cardamom to the pan, turn down the heat slightly and cook with the onions for 3 minutes more, stirring frequently. Add a little water if the mixture gets too dry. Remove the pan from the heat and stir in the tomato purée.
3. Blitz the spiced onions with a stick blender or tip them into a food processor and blend until as smooth as possible. Tip the onion mixture into a bowl and set aside. If you want to, you can keep the mixture covered in the fridge for up to 3 days.
4. Place the pan used to cook the onion mixture back over a medium heat and add the remaining oil and the chicken pieces. Fry the chicken for 3 minutes, turning often until lightly coloured all over. You can do this in two batches. Put the chicken aside. Heat the remaining oil, add peppers and stir-fry until edges slightly browned.
5. Add the chicken and all the spiced onion mixture, 185ml just-boiled water, salt, and tomatoes, bring to a simmer and cook for 4 minutes. Add the spinach in a few handfuls, allowing each to soften a little before adding the next. Cook for a further minute, stirring regularly, or until the chicken is cooked through, the tomatoes are softened and the spinach has wilted. Stir in the fresh cream and lime juice, warm through and it's ready to serve with boiled rice or/and naan bread.

BUTTER CHICKEN CURRY

A luxurious, rich, creamy chicken dish. Originating from the north of India, it is a great alternative to korma for those who like their curries milder.



Ingredients

Serves 4-6

1 tbsp Cooking oil

1 Onion, diced

60g Butter

900g Chicken thigh fillets, quartered

100g Shemin's Indian Curry Paste

850ml Tomato passata

80ml Single cream

1½ tsp sugar (optional)

120ml Greek yogurt

Handful coriander leaves

Small handful pistachios,
chopped roughly (optional)

Method

1. Heat the oil in a saucepan, over a medium-high heat. Add the onion and cook until nearly golden brown. Add the butter and continue to cook the onions for 2 minutes. Add the chicken and cook for 3 minutes.
2. Add Shemin's Indian Curry Paste to the saucepan. Stir to coat the chicken with spices. Cook for 2 minutes.
3. Add passata, cream and sugar to the chicken and bring to a simmer. Reduce the heat to medium-low and simmer gently for 20 minutes until the chicken is cooked through. Remove the chicken from the heat and stir in the yogurt. Season to taste.
4. Serve and garnish with coriander and pistachios.
5. Serve with rice and naan bread.

BOMBAY POTATOES

One of the most popular Indian side dishes, and it's so simple to make. Enjoy with chapattis, rotis or tortillas.



Ingredients

Serves 4

1 Medium onion

2 tbsp Oil

100g Shemin's Indian Curry Paste

1 can Chopped tomatoes (400 grams)

1 tbsp Tomato paste

$\frac{3}{4}$ Cup of water

1kg Potatoes cut into cubes

Lemon or lime juice

Fresh coriander to garnish

Method

1. Heat up the oil in a large saucepan and fry the chopped onions until brown and caramelised.
2. Stir in Shemin's Indian Curry Paste and then the chopped tomatoes and the tomato paste.
3. Simmer for 10-15 minutes adding water if the sauce gets too dry.
4. Add approximately $\frac{3}{4}$ cup of water.
5. Add the potatoes.
6. Cook in sauce until the potatoes are tender but still firm.
7. Season to taste and add the lemon or lime juice.
8. Garnish with fresh coriander leaves.

Tip

In step 6 you can slightly crush the potatoes as they cook to help develop the flavour. This recipe also tastes great with Shemin's Seafood Spice Paste and a sprinkle of garam masala.

ONION BHAJIS

These delicious, flavour-packed spicy onion bhajis are so simple to make. With this classic Indian recipe you'll have these favourites made in no time.



Ingredients

Serves 3-4

750ml oil for deep frying

100g gram flour

140ml water

25g Shemin's Indian Curry Paste

1tsp bicarbonate of soda (optional - makes the batter lighter)

3 onions

Salt

Method

1. Slice the onions into strips and place in a bowl with 2tbsp of salt. Mix and leave for 10 minutes. Wash the salt off the onions and squeeze the onions in a dish cloth to dry them.
2. Sieve the gram flour if it is lumpy, then mix the gram flour and water together until the mixture is smooth.
3. Add Shemin's Indian Curry Paste, salt and bicarbonate of soda. Mix well.
4. Add the onions and mix until they are covered in batter.
5. Heat the oil in a wok. To test the oil is at the right temperature, add a drop of batter and it should immediately crisp and rise to the top of the pan.
6. Take spoonfuls of the batter and onion mixture and fry until golden brown about 2-3 minutes.
7. Drain well on paper towels before serving.

Tip

- If you don't have bicarbonate of soda, you can use sparkling water instead of still water.
- As an alternative to onions you can use broccoli, grated potato, courgettes or sliced aubergines, peppers etc...
- Balsamic vinegar with some salt and a little red chilli makes a nice dip.

CORONATION CHICKEN

This dish is said to have been first made for the Coronation of Queen Elizabeth II, so step back in time to 1952 and enjoy this light and creamy dish that is perfect for sandwiches and salads.



Ingredients

Serves 3-4

- 1 tbsp Shemin's Indian Curry Paste or to taste
- 2 tsp Tomato puree
- 2 tsp Water
- 100g Mayonnaise
- 1 tbsp Mango chutney
- 1 dessertspoon Lime zest
- 1 Lime
- 500g Skinless, boneless chicken breast fillets - cooked and diced

Method

1. Put Shemin's Indian Curry Paste into a saucepan with the tomato puree and water, and cook gently for 1 minute.
2. In a large bowl, whisk together the mayonnaise, chutney, curry paste mixture, lime juice and zest.
3. Add the chicken and toss with the dressing until well coated. Cover and refrigerate until serving.

Tip

Use half mayonnaise and half crème fraîche for a lower fat version of this recipe. You can also add walnuts to the mixture and garnish with a handful of roughly chopped mint. Sprinkle with Shemin's Garam Masala.

CORONATION CHICKEN SALAD

A slightly different version of the dish above. The addition of greek yoghurt, raisins and red wine give more depth to the flavour.



Ingredients

Serves 8

- 1.6kg (large) Free-range chicken
- 2 Fresh bay leaves
- 8 Black peppercorns
- 2 Onions, 1 halved, 1 roughly chopped
- 1 tbsp Olive oil
- 100g Shemin's Indian Curry Paste
- 1 tsp Tomato purée
- 4 tbsp Red wine
- 2 tbsp Sweet mango chutney
- 150ml Mayonnaise
- 75g Greek yogurt
- 60g Raisins
- Good squeeze of lemon juice
- Handful of toasted flaked almonds
- Bunch of watercress, to serve
- Crusty bread or basmati rice, to serve

Method

1. Place the chicken in a large pan with the bay leaves, peppercorns and halved onion, and cover with cold water. Bring to the boil, and then reduce the heat to a simmer. Poach for 45 minutes until cooked through, then remove from the stock and cool. Discard the skin and shred the meat into large chunks.
2. Meanwhile, in a frying pan, soften the chopped onion in the olive oil over a low heat for 5 minutes. Then increase the heat to medium, stir through Shemin's Indian Curry Paste and tomato purée, and cook for 2 minutes. Add the wine, chutney and lemon juice, then boil for 2 minutes, stirring until thickened to a paste. Remove to a bowl and leave to cool completely before blending in a small food processor. Push through a fine sieve with a wooden spoon and discard the solids.
3. In a large bowl, mix together the mayo and yogurt, then stir through 2 tbsp of the curried paste, or more if you like, season with salt and add a squeeze more lemon. Add the chicken and raisins, mixing well to coat. Spoon onto a plate and scatter over the almonds. Serve with watercress and crusty bread or rice.

BBQ CHICKEN TIKKA MASALA

A great take on the traditional tikka masala curry. The creamy sauce is poured over the chicken skewers to make a truly mouthwatering meal. More please!



Ingredients

Serves 4

The Marinade

- 225g Natural yoghurt
- 1 tbsp Lemon juice
- 1 tbsp Shemin's Garam Masala
- 1 tsp Cayenne pepper or to taste
- 1 tbsp Minced fresh root ginger
- 1 tbsp Minced fresh garlic
- Salt to taste
- 3 Chicken breasts or 7 chicken thigh fillets, cut into chunks
- 4 Long metal skewers or bamboo skewers soaked in water for an hour before using, to prevent them burning.

The Sauce

- 1 tbsp Butter
- 50g Shemin's Indian Curry Paste
- 225g Passata
- 200ml Double cream
- Salt to taste
- 1 Large bunch of fresh coriander, chopped

Method

1. In a large bowl, combine the yoghurt, lemon juice, garam masala, cayenne pepper, fresh ginger, garlic and salt. Stir in the chicken, cover and put in the refrigerator for at least an hour.
2. For the masala sauce - melt the butter in a heavy sauce pan over a medium heat. Add Shemin's Indian Curry Paste and sauté for 1 minute. Next, stir in the passata and the cream. Simmer on a low heat until the sauce thickens, about 20 minutes. Season with salt if required.
3. Preheat the barbecue (alternatively you can cook the chicken under a hot grill).
4. Thread the chicken onto the skewers leaving a little space between the chicken pieces for even cooking. Discard the rest of the marinade.
5. BBQ over a medium-high heat for roughly 4-5 minutes per side or until thoroughly cooked. The actual cooking time will depend on the thickness of the meat. The chicken should be slightly charred when done.
6. Transfer the chicken skewers to a serving plate and pour some of the masala sauce over the chicken. Garnish with fresh coriander.
7. I like to serve the rest of the masala sauce separately in a jug. This dish is also perfect with basmati rice or warm pitta bread.

TENDER LAMB CURRY

Simple, yet delicious, our tender lamb curry is so easy to put together. This is my go-to recipe when I want to cook a simple, wholesome meal for the family.



Ingredients

Serves 4-6

2 tbsp Oil

1 Large onion, sliced

100g Shemin's Indian Curry Paste

1 Can Chopped tomatoes (400 grams)

1 tbsp Tomato paste

1 kg Diced leg of lamb steaks

Juice of half a lemon

1 packet spinach leaves

Red pepper to garnish

Method

1. Heat up the oil in a large saucepan and fry the onions until brown and caramelised.
2. Add Shemin's Indian Curry Paste and cook gently for 5 minutes, adding a little water if the sauce gets too dry.
3. Add the chopped tomatoes and the tomato paste. Cook gently for approximately 5 minutes, adding a little water if the sauce gets too dry.
4. Add the lamb to the sauce and simmer gently for 45 minutes or until the lamb is cooked through.
5. Add the lemon juice.
6. Season to taste.
7. Add the spinach and stir through.
8. Garnish with red pepper.

TRY USING...

Stir in 1 level teaspoon of Shemin's Garam Masala before serving to add extra depth and flavour to your lamb curry.

Tip

marinate the lamb pieces in a little yogurt, garlic and ginger for a few hours before making the curry.

KEEMA ALOO

Keema Aloo is the perfect quick fix Indian dinner. A delicious and filling minced beef dish cooked with onions, carrots and potatoes, then towards the end of cooking, it's finished with peas and yogurt.



Ingredients

Serves 4

1 large onion, finely diced
 2 Peeled and diced carrots
 600g Lean minced beef
 100g Shemin's Indian Curry Paste
 500ml Pasatta
 3 medium Peeled and diced potatoes
 200ml Light chicken or vegetable stock
 A couple of handfuls of frozen peas
 Juice of one lime
 Seasoning to taste
 Oil for frying
 Cucumber, yogurt and fresh mint or coriander to serve

Method

1. In a pan, heat a couple of tablespoons of oil on a medium heat. Fry the onion and carrots for a few minutes, until the onions are soft. Then add the minced beef and break it up with the wooden spoon. Keep stirring until the mince is brown all over.
2. Now add Shemin's Indian Curry Paste and cook for another 2 to 3 minutes until you can smell the spices. Add the pasatta, stock, and potatoes, and cover and cook for about 15 minutes on a gentle simmer.
3. Next add the frozen peas and cook for another 5 minutes with the lid off to thicken the sauce.
4. Finish the sauce by adding the lime juice, check the seasoning and serve with cucumber mixed with yogurt and fresh mint or coriander.

TRY USING...

Stir in 1 level teaspoon of Shemin's Garam Masala before serving to add extra depth and flavour to your keema aloo.

Tip

If the mince you are using is not lean, fry the meat first and remove the fat, so your curry isn't greasy when it's done.

LAMB AND SWEET POTATO CURRY

A combination often overlooked, the earthiness of the lamb with the sweetness of the potato compliment each other beautifully, resulting in a delicious and aromatic curry.



Ingredients

Serves 4

2 tbsp Oil

2 Large onions sliced

1 Cinnamon stick (optional)

750g Trimmed and diced leg of lamb steak

100g Shemin's Indian Curry Paste

1 can Chopped tomatoes (400 grams)

1 tbsp Tomato puree (optional)

500ml Water

4 Sweet potatoes peeled and cubed

28g Pack fresh coriander chopped

1 tbsp Lemon juice

Method

1. Heat the oil in a large saucepan, add the onions and cook gently until golden brown.
2. Add the cinnamon stick and lamb. Cook for about 5 minutes until browned.
3. Stir in Shemin's Indian Curry Paste and cook gently for 1 minute.
4. Add the tomatoes and the tomato puree, cook gently for 5 minutes adding a little water if the sauce gets too dry.
5. Add the rest of the water, simmer for 30 minutes.
6. Add the sweet potato and a little more water if necessary, and cook for a further 15 minutes until the lamb and sweet potatoes are tender.
7. Stir in the lemon juice and chopped coriander just before serving.

TRY USING...

1 teaspoon of Shemin's Garam Masala with this recipe to add extra depth and flavour to your lamb and sweet potato curry.

CHICKEN PILAU RICE

A one pot wonder and a traditional Indian dish. The chicken can be substituted for any other meat or sweet potatoes and peppers for a vegetarian pilau.



Ingredients

Serves 4-6

2 tbsp Oil

1 large onion chopped

1kg Chicken pieces skinned and cut into chunks

200g Tinned chopped tomatoes

125ml Natural yogurt

100g Shemin's Indian Curry Paste

1 tbsp Lemon Juice

1 litre Water

1 tsp Salt

450g Basmati rice (wash and soak in warm water for 10 minutes)

2 Medium potatoes cut into 6 pieces

1 tbsp Chopped coriander (optional)

Method

1. Heat the oven to 150°C, gas mark 2. Heat the oil in an oven proof dish and fry the onions until slightly brown.
2. Add the chicken, tomatoes, yogurt, Shemin's Indian Curry Paste and the lemon juice. Cook for about 15 minutes or until the chicken is almost cooked.
3. Add the water and salt, then the potatoes and rice. Stir gently and partially cover with a lid. Cook over a medium heat until the all the water has evaporated.
4. Cover the rice completely with foil and put into the pre-heated oven for 15 minutes.

Tip

Try serving with natural yogurt and salad.

HEALTHY TANDOORI CHICKEN

This low-fat curried chicken is packed full of flavour. It's quick to cook and the marinade does all the work - who needs takeaways?



Ingredients

Serves 3-4

900g Chicken breast fillets or drumsticks and thighs

100g Shemin's Indian Curry Paste

5 tbsp Low fat Greek style or normal yogurt

1tsp Salt (optional)

20g Coriander (leaves only)

1 Lemon

1/2 Red onion

3 Tomatoes

Method

1. Using a sharp knife make 3 slashes in each chicken breast, thigh or drumstick.
2. Mix together Shemin's Indian Curry Paste, yogurt and lemon.
3. Thoroughly coat the chicken breast with the sauce and cover with cling film and set aside to marinate for at least 30 minutes.
4. Preheat the grill to medium or high, and grill chicken for 5-8 minutes on each side or until thoroughly cooked. There should be no pink meat and the juices should run clear. You can also cook the chicken in the oven on 200°C for 35 minutes or until cooked through.
5. Mix the red onion, coriander and tomatoes together and serve with the grilled chicken. Season with salt and some balsamic vinegar or lemon.

TRY USING...

Try adding 1 level tablespoon Shemin's Garam Masala to the marinade mixture before coating the chicken pieces.

SPICY BBQ CHICKEN

Great on the BBQ or in the oven, you can also skewer the chicken and add in vegetables like onions, mushrooms and courgettes.



Ingredients

Serves 4-5

800g Chicken breast fillets or thighs

3 tbsp Natural yogurt

1 tbsp Tomato puree

100g Shemin's Indian Curry Paste

1 tbsp Olive or sunflower oil

1 tsp salt

1 tbsp Lemon or lime juice

4 to 6 strands of saffron (optional)

Method

1. Cut the chicken into cubes or strips.
2. Mix the remaining ingredients.
3. Mix the marinade into the chicken and leave for at least 30 minutes.
4. If using skewers, skewer the chicken.
5. Grill, bake or barbecue the chicken until tender.
6. Serve with a salad and extra natural yogurt if desired.

Tip

For a different flavour, add one teaspoon of Shemin's Garam Masala into the marinade.

LAMB TIKKA KEBABS

A simple recipe producing an incredibly delicious dish that is great for BBQ's. You can also add vegetables like onions and courgettes in between the meat pieces.



Ingredients

Serves 4-6

1kg Leg of lamb, cubed

300ml Natural Greek yogurt

100g Shemin's Indian Curry Paste

1 tsp salt

Handful of chopped coriander to garnish

Squeeze of half a lime or lemon

Method

1. Mix the yogurt, Shemin's Indian Curry Paste and salt together in a non-metallic dish.
2. Mix in the lamb and allow to marinate for as long as possible in the fridge, preferably overnight.
3. Bring back to room temperature. Thread the lamb onto the skewers and grill or barbecue for 12-15 minutes turning halfway through or until cooked.
4. Garnish with chopped coriander and a squeeze of lime or lemon juice.

TRY USING...

One teaspoon of Shemin's Garam Masala to the marinade in this recipe to add extra depth and flavour to your lamb tikka kebabs.

CHICKEN AND SPINACH CURRY IN COCONUT MILK

This is another curry, which our customers love. It is also a family favourite and a delicious way to your five a day!



Ingredients

Serves 4-6

2 tbsp Oil

1 Large onion, sliced

100g Shemin's Indian Curry Paste

1 can Chopped tomatoes (400 grams)

1 tbsp Tomato paste

1kg Chicken thigh fillets
cut into small cubes or strips

1 can Coconut milk (400ml)

1 can Chickpeas (400 grams)

Juice of 1 lemon

1 Packet washed spinach leaves

Coriander to garnish

Method

1. Heat up the oil in a large saucepan and fry the onions until brown and caramelised.
2. Stir in Shemin's Indian Curry Paste and then the chopped tomatoes.
3. Cook gently for approximately 7-10 minutes on a medium heat until the tomatoes have broken down. Add a little water if the sauce gets too dry.
4. Add the chicken to the sauce and simmer gently for 25 minutes or until the chicken is cooked through.
5. Add the coconut milk and the chickpeas, cook gently for 5 minutes.
6. Add the lemon juice.
7. Season to taste.
8. Add the spinach and stir through.
9. Garnish with fresh coriander leaves.

TRY USING...

1 teaspoon of Shemin's Garam Masala stirred in before serving to add extra depth and flavour to your chicken in coconut milk curry.

Tip

If using frozen spinach, add 4-5 cubes when the chicken is half cooked.

LAMB WITH SPICY COUSCOUS

Shemin's Indian Curry Paste really adds a different dimension to the couscous in this dish, giving a great depth to the flavour.



Ingredients

Serves 2

400g Lamb fillets

3 tbsp Olive oil

1 Aubergine cut into 1 cm cubes (½ inch)

50g Shemin's Indian Curry Paste

225g Quick cook couscous

3 tbsp Chopped coriander

75g Raisins soaked in hot water and drained
Greek yogurt to serve

Method

1. Trim the lamb fillet if required; rub in 1 tbsp oil and season well with salt. Heat a heavy based pan; add the lamb and fry for 15 minutes, turning regularly. Remove from the pan and leave to rest for 5 minutes.
2. Meanwhile toss the aubergine in 2 tbsp oil and fry for 10 minutes or until soft. Add Shemin's Indian Curry Paste and cook for 2 minutes.
3. Prepare couscous according to the pack instructions. Fluff the grains using a fork.
4. Add the aubergine mixture and raisins to the couscous. Season if required.
5. Slice the lamb and place on top of the couscous, drizzle with Greek yogurt and chopped coriander.
6. Serve immediately.

LAKSA STYLE CHICKEN STIR-FRY

This dish is delicious. It has wonderful flavours which are similar to the Laksa dishes from Malaysia and is quick to make and healthy to eat. A winning dish in our house!



Ingredients

Serves 4

1 tsp Cooking oil

1 Medium onion, chopped

600g Chicken fillets thinly sliced

1 Red pepper thinly sliced

4-5 Mushrooms thinly sliced

2-3 stems Broccoli thinly chopped

2 bunches Pak choi thinly chopped

1/2 pack Green beans

50g Shemin's Curry Paste

1 can Coconut milk (400ml)

1 lime Juice of

2 tbsp Chopped coriander

Served with boiled rice or cooked noodles

Method

1. Heat the oil in a wok over a medium heat.
2. Add the onions and chicken and cook until opaque.
3. Add the vegetables and cook for a further 2-3 minutes.
4. Add Shemin's Indian Curry Paste and cook for a further minute.
5. Add the coconut milk and simmer until the chicken is cooked.
6. Stir in the lime and serve with rice or noodles. Garnish with chopped coriander.

ZINGY CHICKEN STIR-FRY

A simple zingy, zesty stir-fry to excite the taste buds. Sprinkle on some sesame seeds and season with coriander at the end, then just sit down and enjoy.



Ingredients

Serves 2

250g Packed rice noodles

1 tbsp Cooking oil

Juice of 1 lime (keep the skin)

400g Chicken thigh fillets cut into strips

2 Courgettes cut into thin strips

2 tsp Peanut butter

50g Shemin's Indian Curry Paste

2 tsp Water

1 can Coconut milk (400ml)

1 tsp sesame seeds to garnish

Method

1. Cook the rice noodles as instructed and add the lime skin.
2. Heat the oil in a large frying pan on a high heat and fry the chicken for 4 to 5 minutes until cooked and golden brown (the juices from the chicken should run dry).
3. Add the courgettes and fry for a further 2 minutes until soft.
4. Mix the peanut butter, Shemin's Indian Curry Paste and water; then add it to the chicken and courgettes and cook gently for 2 minutes.
5. Add the coconut milk and heat thoroughly, then stir in the lime juice.
6. Drain the noodles and remove the lime skins.
7. Serve the chicken with the noodles and garnish with sesame seeds.

Tip

The courgettes can be replaced with fresh green beans.

TARKA DAHL

Lentils are one of the oldest and most nutritious foods and have been popular in India for over 8,000 years. They are very easy to cook, and great served with boiled rice, chapattis or naan.



Ingredients

Serves 4

400g Red split lentils washed until the water runs clear

2 Chicken or vegetable stock cubes (optional)

2 litres Water

3 tbsp Oil

1 large Onion, finely sliced

100g Shemin's Indian Curry Paste

300g Chopped tomatoes

1 lemon or lime Juice of

2 tbsp Chopped coriander

Method

1. Put the split lentils in a large pan with water and the stock cubes.
2. Bring the split lentils to a steady simmer, half cover the pan with a lid, and cook for about 45 minutes until completely tender and creamy in texture. Add a dash more water if necessary.
3. For the tarka mixture, heat the oil in a frying pan; add the onions and fry until golden brown. Stir in Shemin's Indian Curry Paste and cook gently for about 1 minute. Add the tomatoes and cook gently for 6 minutes adding a little water if the mixture gets too dry.
4. Tip the tarka mixture into the hot split peas. Stir in the lemon or lime juice, chopped coriander and season to taste. Serve with boiled rice.

Tip

Try using yellow split peas instead of red lentils.

INDIAN PANEER AND PEA CURRY

Paneer is an Indian cheese, similar to ricotta but drier and makes a delicious vegetarian meal. This dish will definitely impress your friends and is very easy to make.



Ingredients

Serves 2

275-350g Paneer

3 tbsp Sunflower Oil

1 Small onion, finely chopped

50g Shemin's Indian Curry Paste

2 Vine-ripe tomatoes skinned
and roughly chopped

300g Fresh or frozen peas

1 small bunch of coriander roughly chopped

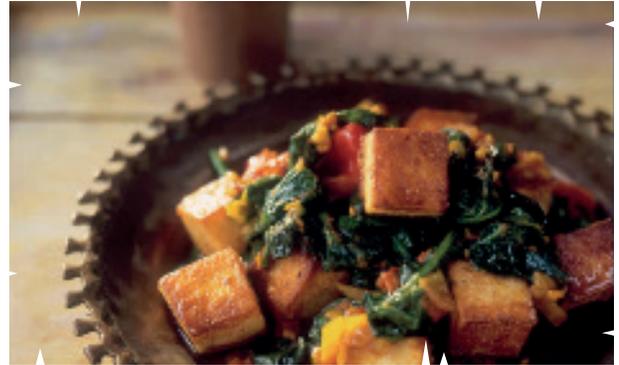
Salt and pepper

Method

1. Cut the paneer into 2½ cm (1") pieces.
2. Heat 2 tbsp of the oil in a large shallow pan, add the paneer and fry gently until lightly golden on all sides. Transfer onto a plate and set aside.
3. Heat the rest of the oil in a medium sized pan, add the onion and fry gently until the onion is soft but not browned. Add Shemin's Indian Curry Paste and cook gently for 2 minutes adding a little water if the sauce gets too dry.
4. Add the tomatoes, peas, and 2 tbsp of water and simmer for 5 minutes. Stir in the paneer and cook gently for another 5 minutes.
5. Stir in the coriander and sprinkle with a little black pepper to garnish. Serve with rice or some warm naan bread.

CRUNCHY PALEK PANEER

One of the best vegetable curries in the business. It combines the juicy mix of spinach and tomatoes, with fried cubes of paneer, a delicious cheese used in many Indian dishes.



Ingredients

Serves 4

2 tbsp Cooking oil

2 medium Onions, finely chopped

100g Shemin's Indian Curry Paste

400g Chopped tomatoes

400g Young spinach leaves washed

Cooking oil for frying

9 tbsp Semolina

800g Paneer cut in pieces
about the size of a stock cube

Squeeze of lemon juice, about 1 tsp

Method

1. Heat the oil in a large saucepan. Gently fry the onions until they are soft and very lightly coloured, stirring regularly.
2. Add Shemin's Indian Curry Paste and cook gently for 1 minute adding a little water if the mixture gets too dry. Add the chopped tomatoes to the pan and simmer gently for 15 minutes stirring regularly until the sauce is well reduced. Season with salt and pepper if necessary.
3. While the sauce is simmering, put the semolina and paneer in a bowl and toss it all together until the cubes are lightly coated.
4. Add enough cooking oil to cover the base of a large non stick (if possible) frying pan and place it over a medium heat. Fry the cubes of paneer until they are browned and crisp on all sides.
5. Stir the spinach into the pan with the spicy tomato sauce and cook for 2-3 minutes until the leaves are wilted. Gently toss in the paneer. Add a squeeze of lemon juice and serve immediately.

LENTIL CURRY

Whip up this delicious and warming lentil curry in minutes. An easy, low fat recipe for a delicious home cooked meal.



Ingredients

Serves 4

1 tbsp Oil

100g Shemin's Curry Paste

400g Chopped tomatoes

800g Cooked lentils e.g. chickpeas, red kidney beans, black eyed beans etc

1 tsp Sugar (optional)

1 tbsp Chopped coriander leaves

1 tbsp Lemon juice

Method

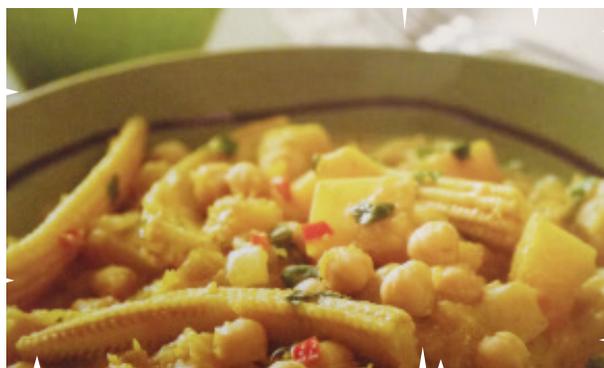
1. Heat the oil on a medium heat, then add Shemin's Indian Curry Paste. Cook for 3 minutes. Add 1 or 2 tbsp of water if the sauce gets too dry.
2. Add the tomatoes and cook for 7-8 minutes on a low heat.
3. Add the cooked lentils to the curry sauce. Reduce the heat and let it simmer for 10 minutes.
4. Add sugar, lemon juice and chopped coriander.
5. Serve hot, with chapattis, puri or pita bread or rice.

Tip

Add 2 medium cubed potatoes, par boiled with the lentils.

BUTTERNUT SQUASH WITH CHICKPEAS

All your five a day in one curry! A quick yet deeply satisfying vegetarian meal, sure to tempt even the most hardened carnivores away from meat.



Ingredients

Serves 4

- 1 Large butternut squash - peeled, seeded and chopped
- 2 tbsp Peanut butter (optional)
- 700ml Hot vegetable stock (can be made from a stock cube)
- 2 tbsp Oil
- 2 Large onions, finely chopped
- 100g Shemin's Indian Curry Paste
- 225g Baby sweetcorn
- 2 x 400g Cans chickpeas, drained and rinsed
- Small bunch of fresh coriander washed and chopped

Method

1. Put the butternut squash, peanut butter and hot stock in a large pan and simmer until the squash is tender.
2. Remove three quarters of the squash with a slotted spoon and put aside.
3. Mash the remaining squash in the liquid and then put the reserved squash back in the pan.
4. Heat the oil in a separate pan and fry the onions and sweetcorn over a low heat until the onions are soft and caramelised.
5. Add Shemin's Indian Curry Paste and cook gently for 3-4 minutes.
6. Add the spicy onion mixture in the pan to the squash.
7. Add the chickpeas and coriander to the squash and stir through. Cook until piping hot.
8. Check seasoning and serve.

VEGETABLE CURRY

A staple dish in many Indian households. Instead of mixed vegetables, you can use a combination of tinned lentils and vegetables e.g. chickpeas, lima beans, black-eyed peas or kidney beans.



Ingredients

Serves 4

1kg Mixed vegetables fresh or frozen (carrots, cauliflower, potatoes, beans, courgettes)

1 tbsp Oil

400g Chopped tomatoes

100g Shemin's Indian Curry Paste

30ml Water

1 tbsp Chopped coriander leaves

1 tbsp Lemon juice

Method

1. Prepare the vegetables if necessary and cut into cubes.
2. Parboil the vegetables until just cooked and put aside.
3. Heat the oil on a medium heat, add Shemin's Indian Curry Paste. Cook for 3-4 minutes.
4. Add the chopped tomatoes and cook gently for 7 minutes, adding a little water if the sauce gets too dry.
5. Add the vegetables and water to the sauce, and continue cooking until the vegetables are done, adding more water if necessary.
6. Check seasoning and add the fresh coriander and lemon juice just before serving.
7. Served with paratha, chapattis, pita bread or rice.

Tip

If using raw lentils, be sure to cook them before adding to the curry sauce.

SPICY BAKED SHALLOTS WITH FETA YOGURT SAUCE

We just love this dip with feta and mint added into it. Once you've dipped the spiced baked shallots into the creamy dip, we promise that this dish won't last very long.



Ingredients

Serves 4

1 tbsp Shemin's Indian Curry Paste

1 tbsp Olive oil.

8 Shallots peeled and halved lengthways,
e.g. echalion shallots.

100g Feta cheese.

150g Low fat natural yogurt.

25g Fresh mint finely chopped.

Method

1. Preheat the oven to 160°C, gas mark 3. In a large bowl, mix Shemin's Indian Curry Paste with the olive oil, add the shallots and toss thoroughly to coat. Arrange in a baking dish and place in the oven to cook for 45 minutes until soft but still holding their shape.
2. While the shallots are cooking, mash the feta in a bowl with the yogurt, stir in the chopped mint (keeping some for garnishing) and season with a grind of cracked black pepper. Transfer into a serving bowl and garnish with mint.
3. Serve the spicy shallots with the yogurt dressing and some flatbread. Delicious by itself or with some barbecued meat.

CHICKEN CURRY WITH A THAI TWIST

This is one of the best curries we've ever eaten. The secret? We mixed our Indian Curry Paste with our Thai Paste. It was absolutely, mouth-wateringly, mind-blowingly delicious. Trust us, you'll love it as much as we do.



Ingredients

Serves 6

2 tbsp Cooking oil

2 Medium sized onions, sliced

Approx. 1/2 cup water

1 x 100g Shemin's Indian Curry Paste

1kg Chicken diced, thigh or breast

400ml tin Chopped tomatoes

400ml tin Coconut milk

1tsp Shemin's Thai Green Curry Paste

Juice of 1-2 limes or to taste

Salt to taste

3-4 tbsp chopped Coriander leaves

Method

1. Heat the oil in a large pan, fry the onions until golden brown.
2. In a separate bowl mix Shemin's Indian Curry Paste with water so that it is the consistency of thick cream.
3. Add the mixture to the browned onions and let it simmer for five minutes or until you see the oil rising to the top. If the mixture gets too dry, add a little water.
4. Next add the chicken and stir into the masala mix and let it cook gently for a couple of minutes.
5. Add a tin of chopped tomatoes and leave the curry to simmer for five minutes or until the masala is thick and the juices from the tomatoes have reduced.
6. Add the coconut milk and 1tsp of Shemin's Thai Green Curry Paste, cook until the chicken is done approx. 10 mins.
7. Add the lime juice and adjust the seasoning. Add chopped coriander before serving.

ASIAN FUSION GRILLED CHICKEN

I have always loved combining flavours of different cuisines and creating exciting new combinations. Our whole family loved this grilled chicken and it was delicious for lunch the next day too. We all agreed that this new recipe was definitely worth sharing and I know you'll love it too.



Ingredients

Serves 4

1kg Chicken thighs and drumsticks or breast if you prefer, cut into chunks

300ml Natural yogurt or crème fraiche

50g Shemin's Indian Curry Paste (more if you like it spicy)

50g Shemin's Thai Green Curry Paste (more if you like it spicy)

2 Tbsp Worcestershire sauce

½ Tsp salt (optional)

Method

1. Combine the yogurt or crème fraiche with all the other ingredients. Mix well.
2. Pour the mixture over the chicken making sure you get the marinade under the skin of the chicken. Cover and keep in the fridge for at least 2 hours or longer if possible.
3. Bake in a hot oven for 45 minutes or until cooked and the juices of the chicken run clear. If you prefer, you can cook the chicken under a hot grill first and then finish it off in the oven.

Serve with rice or salad

JAMES MARTIN'S BUTTER CHICKEN CURRY USING SHEMIN'S CURRY PASTE

You can watch the video of celebrity chef James Martin using Shemin's to make this delicious butter chicken curry on our website.



Ingredients

Serves 4

3 tbsp Desiccated coconut

200g Basmati rice

40g Butter

1 tbsp Vegetable oil

1 Onion, finely sliced

50g Shemin's Indian Curry Paste

500g Chicken breasts, skinned and cut into
2cm slices

200g Canned tomatoes

300ml Coconut milk

juice of half a lime

2-3 tbsp Chopped coriander and mint

Method

1. Preheat the grill to medium heat. Sprinkle the coconut onto a baking tray and toast under the grill until just golden-brown. Set aside.
2. Put the basmati rice in a lidded saucepan then cover with 400ml cold water. Add half of the butter, then cover the pan, place it over a high heat and bring just to the boil. Reduce the heat to its lowest setting and cook the rice for 12-15 minutes, or until the rice has absorbed all the water and is just tender.
3. Meanwhile, heat the vegetable oil in a frying pan over a medium heat. Add the onion and stir-fry for 2-3 minutes, or until just softened. Add Shemin's Curry Paste and stir-fry for a further minute.
4. Add the chicken to the pan and stir well to coat it in the sauce.
5. Add the tomatoes and coconut milk, stir well and bring the mixture to the boil, then reduce the heat until the mixture is simmering and simmer for 10 minutes, or until the chicken is cooked through and the sauce has thickened slightly.
6. Stir in the chopped coriander, mint and lime juice, then stir in the remaining butter and season, to taste, with salt and freshly ground black pepper.
7. To serve, fluff the cooked rice using a fork, then divide it equally among four serving plates. Spoon a ladleful of chicken curry on top of each portion of rice. Garnish with a sprinkling of desiccated coconut.

SHEMIN'S

AMAZING COMBINATIONS

The best thing about making food is that the power is in your hands! Our curry pastes are perfect to use as a base for cooking, which allows for experimentation with stir-fries, grilled fish, oven-baked chicken and roasted vegetables and much more! Here are a few of our favorite dishes that we have spiced up with Shemin's.

STUFFED BAKED PEPPERS

When stuffed peppers have been cooked in the oven, the flesh of the pepper goes sweet and soft and is absolutely delicious! The red pepper is sweeter than the green pepper, and the yellow pepper is somewhere in-between. So choose which you like or try them all.



Ingredients

Serves 4

4 Large peppers

1 tbsp Olive oil

400g Minced beef (or use quorn for a vegetarian version)

1 Small onion peeled and finely chop

One stick of celery finely sliced

1/2 Courgette finely chopped

200g Tin chopped tomatoes

50g Shemin's Indian Curry Paste

Seasoning

50g Cheddar cheese grated

Method

1. Heat the oven to 200°C or gas mark six.
2. Cut the peppers in half and remove the seeds, brush with olive oil and then place them onto a baking tray and into the oven for fifteen minutes.
3. Meanwhile place a nonstick pan on a medium heat and dry fry the mince, celery, onions and courgettes for four to five minutes, browning the mince all over.
4. Stir in the chopped tomatoes, Shemin's Indian Curry Paste and adjust the seasoning. Cook gently for five or six minutes.
5. Remove the peppers from the oven and spoon the filling into each one.
6. Cover with foil and bake for fifteen minutes.
7. Sprinkle with cheese and grill for a further five minutes until the cheese has melted.

INDIAN BURGERS WITH CORIANDER AND LIME

One of our favourite ways to use Shemin's is making burger patties. The herbs and spices in our paste make an irresistible burger.



Ingredients

Serves 4-6

- 6 tbsp Sunflower or groundnut oil
- 6 Shallots, thinly sliced
- 100g Shemin's Indian Curry Paste
- 1kg Minced lamb or beef (it is best not to use lean mince as fat will help to bind the burgers and keep them moist)
- Zest of 1 lime
- 50ml Coconut milk
- 6 tbsp Freshly chopped coriander
- 2 Spring onions finely sliced
- 2 Egg yolk (to bind)
- ½ tsp Salt (or to taste)

Method

1. Heat 2 tbsp of oil in a frying pan, then add the shallots and Shemin's Indian Curry Paste. Cook very gently for 4-5 minutes until the onions are soft. Transfer into a bowl to cool.
2. Mix together the minced meat, lime zest, coconut milk, coriander, spring onions and salt, with the fried shallots and paste. Then add the egg yolk and mix thoroughly.
3. Shape the mixture into 12 patties. You can freeze these patties for up to 2 months or alternatively refrigerate up to 1 day in advance.
4. Cook the patties in the rest of the oil or barbecue for 4-5 minutes on each side.

TRY USING...

1 teaspoon of Shemin's Garam Masala stirred into the burger mix to add extra depth and flavour to your burgers.

STUFFED MUSHROOMS

This moreish dish that is as great for a side as it is for a main. Have fun experimenting with different fillings.



Ingredients

Serves 4

- 4 Large mushrooms
- 1 tbsp Olive oil
- 1 Small red or white onion chopped finely
- 1 Red or green pepper chopped finely
- 6 tbsp Cooked white or brown rice
- 4 tbsp Stock or water
- 1 tbsp Shemin's Indian Curry Paste or to taste
- 1 tbsp Lemon juice
- 7-8 tbsp Cheddar cheese or a mixture of cheddar and Parmesan cheese

Method

Heat oven to 180°C, gas mark 4

1. Remove the stalks from the mushrooms and chop finely.
2. Heat the oil and fry the onion, pepper and stalks from the mushrooms until soft.
3. Add the stock or water, the rice and Shemin's Indian Curry Paste.
4. Cook gently for about four minutes.
5. Add the lemon juice and season to taste.
6. Put the filling aside.
7. Wipe the mushrooms and lay them topside down on a baking tray.
8. Spoon the filling equally in the mushrooms.
9. Sprinkle the mushrooms with cheese.
10. Bake in the oven for 20 minutes.

CHILLI CON CARNE

Try out our seriously flavorful chili con carne recipe. Serve the classic way with steamed rice or spoon over tortilla chips adding a generous helping of salsa, guacamole and sour cream.



Ingredients

Serves 4-6

2 tbsp Olive oil

2 Onions, finely chopped

100g Shemin's Curry Paste

1kg Good-quality beef mince

2 tbsp Tomato puree

200ml Red wine

600g Canned chopped tomatoes

About 1 litre good-quality beef stock

2 Red peppers, diced

400g Kidney beans, drained and rinsed

1 Lime cut into wedges

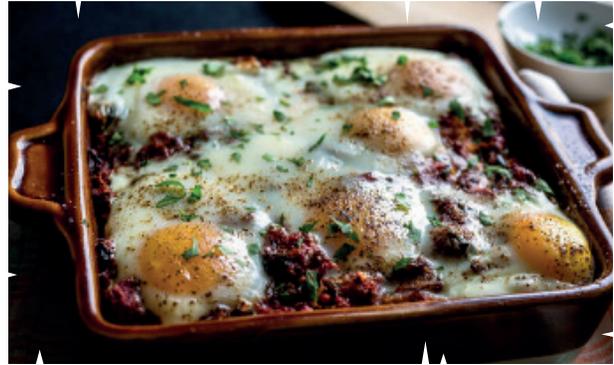
20g Chopped coriander leaves

Method

1. Heat the olive oil in a large casserole dish and gently fry the onions for 5 minutes until softened. Stir through Shemin's Indian Curry Paste and cook for 1 minute more.
2. Turn the heat up to medium-high, add the beef mince and brown it well, breaking it up with a wooden spoon. Once browned, add the tomato purée and cook over a medium heat for 2 minutes, then add the red wine, allowing it to reduce a little, about 2 mins
3. Stir through the canned tomatoes, and add enough beef stock to cover. Stir well and bring to boiling point. Put the lid on, reduce the heat and simmer for 1½ hours, stirring occasionally.
4. Remove the lid, add the red peppers and cook for a further 10 minutes. Then add the kidney beans, season really well and cook for 20 minutes more until the sauce is reduced to your liking. Taste and adjust the heat (with chilli flakes) and seasoning. Top with the coriander leaves and serve with steamed rice and lime wedges.

INDIAN SPICED TOMATO AND EGG CASSEROLE

This vegetarian dish is possibly one of the most fragrant and vivid casseroles you'll ever see. The result is a tomato-rich casserole with runny yolk over each delicious bite. Serve it for dinner or for brunch.



Ingredients

Serves 6

750g Potatoes peeled

1 tsp Salt

2 tbsp Cooking oil

1 Brown onion, diced

1 Green pepper, seeded and finely chopped

2x 400g Cans whole peeled tomatoes

50g Shemin's Indian Curry Paste or more if you like it spicy

¼ cup Chopped fresh mint, more for garnish

2 tbsp Chopped coriander or basil, more for garnish

6 Eggs

Black pepper, as needed

Method

1. Place the potatoes in a large pot and cover with generously salted water. Bring to the boil; cook until the potatoes are tender, about 20 minutes. Drain. When just cool enough to handle, slice into 1/2-inch-thick rounds.
2. While the potatoes cook, heat the oil in a large pan over medium-high heat. Add the onions and cook until soft, 5 to 7 minutes. Stir in the peppers and cook for 3 minutes. Add the tomatoes and Shemin's Indian Curry Paste. Simmer over a medium-low heat, breaking up the tomatoes with a fork, for 15 minutes. Stir in the mint and coriander or basil. Taste and adjust seasonings.
3. Heat the oven to 180°C or gas mark 5. Place the potatoes in a single layer in a 9-inch-square baking dish. Pour the hot tomato sauce over the potatoes. Transfer the pan to the oven and bake for 20 minutes.
4. Make six wells in the tomato mixture. Crack the eggs into the wells and season with salt and pepper. Bake until the egg whites are set but yolks are still runny, 8 to 13 minutes, depending on how much the potatoes and sauce cooled before baking. Serve and garnish with herbs.

SPICY TOMATO AND BASIL PIZZA

The fresh herbs and spices in our paste gives a wonderful spicy flavour to the pizza. Homemade pizzas are well worth the effort - get everyone involved by adding their own toppings.



Ingredients

Serves 2

- 2 Tomatoes, seeded and coarsely chopped
- 1 tbsp Shemin's Indian Curry Paste
- 16oz Shredded mozzarella cheese
- 1 Red onion, coarsely chopped
- ¼ Cup chopped fresh basil
- ½ Teaspoon ground black pepper
- 2 tbsp Olive oil
- 3 Fresh jalapeno peppers, chopped (optional)
- ¼ Cup sliced fresh mushrooms
- 120ml pizza sauce
- 2 Pizza bases - 12 inch
- ¼ cup Grated Parmesan cheese

Method

1. Mix the tomatoes in a mesh strainer. Let the mixture sit and drain for 15 minutes.
2. Spread Shemin's Indian Curry Paste over the base of the pizza.
3. Preheat the oven to 230°C, gas mark 8.
4. Combine the drained tomatoes, the 8 ounces of mozzarella cheese, onion, basil, pepper, olive oil, jalapenos, and mushrooms in a bowl. Spread the pizza sauce evenly onto the pizza crusts. Distribute the tomato mixture over the two pizza crusts evenly. Sprinkle the remaining 8 ounces of mozzarella cheese and the Parmesan cheese over both pizzas.
5. Bake pizzas in preheated oven until the cheese is completely melted, 8 to 10 minutes.

SPICY CHICKEN WRAP

Use Shemin's to make a perfect spicy marinade and you'll have a delicious, nutritious lunch in no time at all with our tasty wraps.



Ingredients

Serves 4

Juice of 2 limes

100g Shemin's Indian Curry Paste

1 tbsp Freshly chopped mint

4 Boneless skinless chicken breasts

150g Greek style natural yogurt

170g Tub hummus

1 tbsp Olive oil

4 Wraps

Salad leaves, tomatoes and peppers for the wrap

Method

1. In a bowl mix together the lime juice, Shemin's Indian Curry Paste and the chopped mint.
2. Cut the chicken into thin strips.
3. Add the chicken to the marinade and mix well to coat. Cover and leave in the fridge for thirty minutes if possible.
4. Mix together the yogurt and hummus; cover and chill until required.
5. Heat the oil in a large frying pan and cook the chicken for 8-10 minutes or until golden brown and cooked through.
6. Lay the wraps on a flat surface, divide the chicken between the four wraps, top with a generous spoonful of the hummus and yogurt mixture.
7. Add salad leaves, tomatoes, and yellow and red pepper slices.
8. Fold the wraps and cut diagonally. Secure with a toothpick if necessary.

SPICY PASTA SAUCE

Perk up your pasta with Shemin's. This is a delicious pasta recipe with a perfect kick of spice.



Ingredients

Serves 4

1 tbsp Olive oil

50g Shemin's Curry Paste

240ml Passata

1 jar Roasted red peppers, drained, chopped

240ml Whipping cream (optional)

240ml Chopped fresh basil leaves

500g Penne pasta

1 cup Freshly grated Parmesan cheese

Method

1. Heat the oil in heavy medium saucepan over medium heat. Add Shemin's Indian Curry Paste and sauté for 1 minute. Add the passata and red peppers; simmer over a medium heat for 8 minutes. Stir in the cream and 1/2 cup basil and simmer for 1 minute longer.
2. Cook the pasta in a large pot of boiling salted water until tender, stirring occasionally. Drain and return the pasta to the pot. Add the sauce, cheese and 1/2 cup basil, and toss to coat.

MASALA CHIPS

Oh so delicious masala chips! Simply mix Shemin's Indian Paste with a little oil and water brush on to fresh or frozen chips and oven cook until done.



SHEMIN'S RAREBIT

This quick dish is knocked up at least once a week in our house. A customer favourite too. Simply spread some Indian paste onto the toast and cover with cheese then place under a hot grill until melted and bubbling. Yum!



SATAY SAUCE

Great for chicken satay. Fry 50g Shemin's Indian Paste with 250g of peanut butter. When the peanut butter is melted, add double cream until the desired consistency is achieved.



JACKET POTATO

Add Shemin's Indian Curry Paste to your favourite jacket potato recipe or follow our Chilli Con Carne recipe, fill the jacket potato and then top with cheese and serve with salad.



ROASTED ANYTHING

Maybe it's potatoes, maybe it's fresh vegetables. Mix a tablespoon of Shemin's Indian Paste into your oil before tossing and roasting. It adds a bit of a kick without being too spicy.



MARINADE FOR MEAT

Shemin's Indian Curry Paste makes an excellent marinade for meats. Simply rub the paste into the meat and leave for a minimum of 30 minutes, preferably overnight and cook as you wish.



SPICY BAKED BEANS

Add a little of Shemin's Indian Paste to baked beans and you get a great spicy flavour. Baked beans on toast with a kick!



SOUP WITH A CHILLI KICK

Simply add a small amount of Shemin's to your soups to give them spice and flavour. My personal favourite is adding our Indian paste to lentil soup, but it works really well with all types of soup! Another one to definitely try is adding our Thai green paste to chicken noodle soup, seriously delicious.



BAKED POTATO

Warm 1tbsp of curry paste with a little water and add to some yoghurt or sour cream. Serve on hot baked potatoes with some grated cheese.



SPICY RICE

Simply mix a small amount of Shemin's Indian Curry Paste into your rice to add some zing. Spicy rice and natural yoghurt, sometimes the simplest things are the best.



QUICK STIR-FRY

Make your stir-fries even quicker! You can add Shemin's Indian or Thai pastes to stir fries to add some great flavour.



MARINADES AND RUBS

Our paste makes a truly tasty marinade. Rub Shemin's Indian Curry Paste over the meat and leave to marinate for at least 1 hour in the fridge. Other variations are to use a half Indian paste and half Thai paste mix (seriously delicious) or mix Indian paste with natural yoghurt, salt and a dash of wostershire sauce (also seriously delicious).



DIPS

This is a dip we have at all our demonstrations and everyone goes crazy over it! Morish to the Nth degree. Simply heat and mix a tablespoon of Shemin's Seafood Spice Paste with a tub of crème fraîche (300ml).



CHICKPEA TOMATO AND MANGO SALAD

Exotic, colourful and delicious. The sweetness of the mango works beautifully with the other ingredients. A Perfect side to any Indian dish.



Ingredients

Serves 4

400g tin chickpeas, drained

2 small ripe mangos, peeled and cut into 1cm cubes

200g cherry tomatoes, quartered

1 cucumber, peeled and cut in half lengthways, deseeded and diced into 1cm pieces

1 small bunch of mint, chopped

1 small bunch coriander, roughly chopped

1 small red onion, peeled and sliced into thin rounds

2 red chillies, finely chopped (deseeded them if you prefer less heat)

Juice of 2 lemons

1 tsp sugar

1 tbsp olive oil (optional)

2 tsp Shemin's Garam Masala or to taste

150ml cooking oil to fry the chickpeas

Method

1. Put the chickpeas in a sieve, rinse under cold water, then leave to drain while you make the salad. In a bowl, mix the mango, tomatoes, cucumber, mint, coriander, onion and half the chilli. Dress with half the lemon juice, the sugar, olive oil and Shemin's Garam Masala, then chill.
2. Dry the chickpeas in kitchen roll (if wet, they will spit when fried). Put a wok on a high heat and add the oil. Once smoking hot, stir-fry the chickpeas for seven to eight minutes, until golden and crispy all over – be warned: if you don't keep stirring, they are prone to popping and leaping out of the pan. Turn off the heat, and use a slotted spoon to transfer the chickpeas to a plate lined with kitchen paper, to drain.
3. Season the chickpeas with sea salt and toss into the salad just before serving. Taste and adjust with more salt, chilli and lemon juice, as required to brighten the flavours. This salad is wonderful with barbecues and grills and also great with some flatbread.

KACHUMBER SALAD

This East African salad is a great side dish for any of the curries in this book. Try to get the ingredients chopped as finely as possible.



Ingredients

Serves 4

1 Carrot

1 cup Lettuce leaves

1 Onion

1 Tomato

¼ Stick cucumber

1 tbsp Chopped coriander

1 tbsp Rice vinegar

Salt to taste

Chopped hot peppers (optional)

Method

1. Cut all the above ingredients into quarters and slice thinly.
2. Add chopped coriander and vinegar, mix well

Tip

Place the onions in a bowl, add salt and mix together for a couple of minutes. Wash the salt off. This draws the water out for extra soft onions.