



# BLOSSOM'S ORGANICS VANDOUVAN FRENCH BLEND



**Blossom's Organics Vandouvan French Curry Blend** is a tantalising gourmet curry blend – Since there are no additives, fillers or salt, a little goes a long way, so please use sparingly to taste.

## VANDOUVAN CURRY:

### INGREDIENTS

- ¼ to ½ cup olive oil/vegetable oil/coconut oil
- 2 - 3 large onions
- Approx. 10 curry leaves
- 2 – 3 chopped cloves of garlic
- 1 kg meat/legumes/vegetables/seafood.
- 1 to 2 tablespoons **Blossom's Organics Vandouvan French Curry Blend**.
- Large tin of tomatoes or the equivalent fresh organic tomatoes.
- ½ to 1 cup water – Add minimal water for thick gravy. If using coconut milk lessen water by approx. the same quantity.
- 1 tablespoon tamarind paste/1 lemon juiced/2 tablespoons Vinegar (I use Balsamic because I love the taste).
- 3 - 5 cloves Garlic (Optional)
- Salt to Taste – approx. ½ to 1 tsp salt.

### METHOD

- Fry 3 large onions and curry leaves.
- Add chopped garlic, fry on low heat.
- Add 1 – 2 tablespoons **Blossom's Organics Vandouvan French Curry Blend**
- Continue frying on low heat for 1 minute.
- Add 1 kg of meat/legumes/vegetables/seafood.
- Add tamarind paste/juice of one lemon/2 tablespoons vinegar
- Add large tin of tomatoes or the equivalent in fresh organic tomatoes
- Salt to taste.
- Cook till meat/legumes/vegetables/seafood is tender and..... Voila! A gorgeous Indian Curry with a French twist!

### VARIATIONS

- ½ bunch fresh chopped coriander leaves whilst cooking or sprinkled before serving.
- 1 or 2 green chillies depending on preferred hotness.
- Coconut Milk and/or tomatoes
- Add diced potatoes or other vegetables three quarters of the way through cooking your curry if you are cooking meat or chicken.

This curry once cooked should have a mild sweet flavour, delicious served with a flaky type roti, chapattis or rice.

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## VANDOUVAN QUICK AND EASY GARNISH:

### INGREDIENTS

- ¼ to ½ cup olive oil/vegetable oil/coconut oil
- 4 - 5 large onions
- Approx. 20 - 30 curry leaves
- 1 whole garlic (approx. 8 large pods)
- 2-3 tablespoons **Blossom's Organics Vandouvan French Curry Blend.**
- 1 tablespoon tamarind paste/1 lemon juice or to taste.
- Salt to taste.



### METHOD

- Fry 3-4 large onions thinly sliced and a handful of curry leaves till "just burning", lower heat.
- Add chopped garlic.
- Add 2-3 tablespoons **Blossom's Organics Vandouvan French Curry Blend.**
- Continue cooking on low heat.

Can now be used as a garnish, very yummy with hard boiled eggs.

OR

Spread on a baking tray and cook in oven till brittle. Cool and store in fridge. Make an old-fashioned Kedgeree with rice and lentils, decorated with hard boiled eggs.

### VARIATIONS

- ½ bunch fresh chopped coriander leaves whilst cooking or sprinkled before serving.
- 1 or 2 green chillies depending on preferred hotness.
- Use as a garnish or rub for fish, chicken, or meat with a touch of tamarind or lemon juice.

Recipe above can also be added whilst cooking legumes and vegetables.- très délicieux!

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