

# SEASONING YOUR CURRY

## THE BALANCE OF GREAT FLAVOUR



### Stevie's Tip

Great BIR curries are all about balance. At the end of cooking, taste your curry and adjust using the balance of Salt, Fat, Acid, Sweet and Heat.

	<p><b>SALT</b> Brings all the flavours together and makes them pop.</p>	<ul style="list-style-type: none"> <li>• Add a little at a time until the flavours come alive.</li> <li>• Remember the base gravy may already contain some salt.</li> </ul>
	<p><b>FAT</b> Adds richness and creates a smooth, velvety sauce.</p>	<ul style="list-style-type: none"> <li>• Use a knob of butter or a splash of cream.</li> <li>• Fat rounds out the spices and adds body to the sauce.</li> </ul>
	<p><b>ACID</b> Brightens the flavours and cuts through the richness.</p>	<ul style="list-style-type: none"> <li>• Add a dash of white vinegar or a squeeze of lemon juice.</li> <li>• Acid lifts the flavour and keeps the curry fresh.</li> </ul>
	<p><b>SWEET</b> Balances the acidity and enhances the tomato flavour.</p>	<ul style="list-style-type: none"> <li>• Add a small squeeze of tomato ketchup and a touch of sugar (about 1 teaspoon).</li> <li>• Sweetness balances heat and acidity without making the curry taste sweet.</li> </ul>
	<p><b>HEAT</b> Adds warmth and depth. Adjust to suit your taste.</p>	<ul style="list-style-type: none"> <li>• Adjust with chilli powder or fresh green chillies.</li> <li>• Add a little, taste, then adjust again.</li> </ul>

### A QUICK GUIDE

	MILD	MEDIUM	HOT
<b>Salt</b>	¼ tsp	½ tsp	¾ tsp
<b>Sugar</b>	½ tsp	1 tsp	1-1½ tsp
<b>Ketchup</b>	Small squeeze	Medium squeeze	Large squeeze
<b>Vinegar</b>	Few drops	½ tsp	1 tsp
<b>Chilli Powder</b>	¼ tsp	½ tsp	¾-1 tsp



### REMEMBER

Add a little, taste, then adjust again. It's easier to add more than to take it away!



**STEVE'S CURRY MAGIC**

BRITISH INDIAN RESTAURANT RECIPES MADE EASY



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