



## Food For Thought Recipe and Allergen Card 'Chip Shop' Curry Sauce

100 Portions

Ingredient	Hannah Product Code	Quantity
Onion – Sliced		5k
White cabbage - Sliced		2k
Garlic – Diced		5 cloves
Mixed peppers – sliced		1k
Curry powder	D001086	To taste
Salt	D001199	To taste
Pepper	D001103	To taste
Olive oil	D001010	Fry frying
Corn flour	D002188	If required

### RECIPE METHOD – **ALLERGENS**

1. In a heavy bottomed sauce pan add enough oil for frying and heat
2. Add the onion and cook for 10 minutes – it will look like a lot but it will reduce as it cooks
3. Add the cabbage, peppers and garlic and cook for a further 10 minutes
4. Add salt, pepper and curry powder to create a base of flavour which can be added to later
5. Add enough water to cover all of the vegetables and bring to a simmer
6. Cook for 20 minutes or until the vegetables are tender
7. Using a stick blender, puree the sauce until it is smooth
8. Adjust the flavours adding more seasoning or spice if required
9. If you find the sauce is a too thin add some corn flour mixed with some cold water to the hot sauce as required to achieve the desired consistency

The allergens highlighted in **RED** are present in this dish

Allergens:

Cereals : Wheat  
Rye  
Barley  
Oats  
Spelt  
Kamut

Milk

Eggs

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...