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# Prawn Jalfrezi

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## Notes on ingredients

A couple of notes about ingredients here. Raw (grey) prawns are best, and you may have to clean and de-vein them. If you can't get them or it's too much trouble, use frozen ones. The flavour won't be quite as good, but it's a very flavoursome curry!

With regard to the chilli powder, if you are using supermarket packets, you can use one teaspoon, and it might not be enough. If you are using pure Indian chilli powder (ie ground up chilli) I recommend you start with a quarter of a teaspoon and then taste and add as you go.

## Instructions

Heat the oil in a large deep frying pan over medium high heat. Add onions and garlic and cook for a couple of minutes. Add all the spices, and cook on a low heat for 2 minutes or until they begin to give off a wonderful aroma.

Add tomatoes and juice, ginger, salt and red pepper (if using). Cook very slowly until you have a thick, tasty sauce. Ideally, cook covered for thirty minutes and then uncover for ten minutes, or if you are in a rush, cook uncovered for about fifteen minutes.

Add the prawns and cook until they have changed from grey to pink. Only about three or four minutes.

Add the ghee and coriander and simmer for 2 minutes, then serve..

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This works equally well with chicken, although the chicken needs adding before the tomatoes. Please see the note about chilli powder too.

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## Ingredients

2 tbsp vegetable oil  
1 onion, finely chopped  
2 cloves garlic, chopped  
3 tsp ground turmeric  
1 tsp chilli powder  
1.5 tsp salt  
1 400g tin tomatoes  
2 tbsp ghee  
3 tsp ground cumin  
3 tsp ground coriander  
2 cinnamon sticks  
2 tbsp grated fresh ginger  
1 red pepper, diced (optional)  
Bunch of coriander, chopped.  
500g raw prawns