

## **VERY EASY VINDALOO, THE "PORTUGUESE CURRY"**

The Portuguese had a tremendous influence on Indian cuisine in the introduction of many foods from the New World such as potatoes, squash, tomatoes, squash and chilies, which became staple components in every Indian kitchen. The real "Portuguese Curry" is properly made of beef, pork, or duck. Like other curries, Vindaloo is very flavorful with an abundance of spices, but unlike most Indian curries, it's not spicy hot, and that makes it easier on Western palates.

Vindaloo, in Hindi means, "Meat" (vinde) and "Potatoes" (aloo). "Vinha d'algo" in Portuguese means "wine vinegar with garlic", two key ingredients in many popular Portuguese recipes, and as Portuguese influences spread, the word, "Vinha d'algo", became synonymous with the Indian dish, Vindaloo, and the recipe evolved to accommodate European tastes.

There's loads of spices in this recipe for an easy Vindaloo, but it doesn't have the fiery heat. You can choose whatever type of meat that suits your taste and budget.

2lbs. boneless beef, pork, lamb, or boneless  
- skinless chicken, turkey or duck  
2 tablespoons olive oil  
2 large onions, finely chopped  
2 tablespoons garlic-ginger paste  
1/3 cup wine vinegar  
1/3 cup red wine

### Vindaloo Spice Mix

2 tablespoons garam masala spice blend  
1 tablespoon chili powder  
1 teaspoons ground mustard powder  
2 teaspoons ground turmeric  
1 teaspoon salt

1 teaspoon sugar

Combine all the spices in a small bowl and blend thoroughly. Trim the meat of any excess fat, and cut into 1 inch chunks. Heat the oil in the pressure cooker over medium heat and brown the meat in small batches, searing on all sides and set aside. Add the onions and garlic-ginger paste, saute until soft. Add the vindaloo spices and return the meat to the cooker, stirring to coat each piece. Add the vinegar and wine, but do not stir. Lock the lid in place. Bring to 15psi over high heat, immediately reduce the heat to the lowest possible setting to stabilize and maintain that pressure. Cook 15 minutes for beef, pork or lamb. Cook 6 minutes for chicken, turkey or duck. The meat should be fork tender. Remove from heat and use the natural release method before opening the lid. Stir gently to blend the meat and sauce before transferring to a serving dish. Serve with hot, fluffy white rice, or mashed potatoes.

## **GINGER GARLIC PASTE**

Indian recipes often call for ginger-garlic paste, but this can be hard to find outside of a specialty food store. Basically this is just equal amounts of ginger root and garlic blended together, so it's very easy to make and can be used in many recipes.

6 cloves garlic, peeled and sliced  
2 inches fresh ginger, peeled and thinly sliced  
olive oil as needed

In a food processor, or using a hand blender, combine the garlic and ginger and pulse to blend, adding small amounts of olive oil to make a smooth paste. Refrigerate extra 3-4 days or freeze.

## EMBASSY CHICKEN

8 boneless, skinless chicken breasts  
2 tablespoons butter  
salt and pepper to taste  
2 onions, finely chopped  
2 tablespoons garlic ginger paste  
2 small Serrano chilies, seeded and minced  
(adjust to taste if needed)  
1 (8 ounce) can tomato sauce  
1 (14 ounce) can chicken stock  
Wash the chicken, pat dry, and rub with salt and pepper. Heat the butter in the pressure cooker and saute the onions until soft and translucent. Add the garlic ginger paste, chilies, tomato sauce and chicken stock, stirring to blend. Arrange the chicken pieces in the pressure cooker. Lock the lid in place. Bring to 15psi over high heat, immediately reduce the heat to the lowest possible setting to stabilize and maintain that pressure. Cook 8 minutes. Remove from heat and use the natural release method before opening the lid. Transfer chicken to a serving dish. Transfer the chicken to a plate and keep aside. .  
The sauce:  
2 tablespoons cornstarch  
1 cup heavy cream  
Return the broth to a simmer over medium heat without a lid. To thicken the broth, mix with the cornstarch in 1/3 cup water and stir the slurry into the broth. Stir in the cream. Simmer gently, but do not boil, cooking and stirring until it's the desired consistency. Return the chicken to the cooker and heat through. Transfer the chicken and sauce to a serving dish. Serve over hot fluffy white rice, mashed potatoes or hot egg noodles.

## GARAM MASALA SPICE BLEND

Garam masala means, "hot spices", a mixture of spices that provide a combination of flavors that gives a distinctive taste to Indian recipes. Just as there are various recipes for chili, or salsa, so it is with garam masala, and every region has its own recipe, as does every home. You can try this recipe blend, or buy prepared garam masala at large supermarkets in the specialty foods aisle, order some online, or visit an ethnic food store specializing in Indian or Asia foods.

2 tablespoons coriander seeds  
2 tablespoons cumin seeds  
2 tablespoons cardamom seeds  
2 tablespoons whole black peppercorns  
1 cinnamon stick, broken into pieces  
1 teaspoon whole cloves  
1 teaspoon grated nutmeg

In a sauté pan, over medium heat, add everything except for the nutmeg. Toast about 4-6 minutes, stirring and shaking the pan often until the spices start to change color, but don't let them get too dark. Remove from heat and stir in the nutmeg, let stand until cool. Use a spice mill or coffee grinder to grind the spices in into a fine powder.

Variation: for a hotter spice mix add 1/4 teaspoon cayenne pepper, or 1/4 teaspoon crushed chili peppers, (or an amount to taste) at the end of toasting.

## TOO HOT TO HANDLE?

Mexican Serrano or jalapeño peppers, as well as Thai chilies, can be substituted for hot Indian chili peppers.