

VEGETABLE CURRY

INGREDIENTS

Curry sauce

2 onions
1 tbsp. vegetable oil
2 tbsp. curry powder
1 tsp vinegar
1 tbsp tomato puree
1 stock cube

Vegetables

a variety of vegetables
eg. carrots, potatoes,
swede, parsnip, peppers,
leeks, courgettes
1 tbsp. flour

REMEMBER bring a suitable container
to take it home in

UTENSILS

1 chopping board
1 vegetable knife
1 peeler
1 large saucepan
1 pot stand
1 curry wooden spoon
some newspaper



METHOD

1. Get out all ingredients and utensils.
2. Make the sauce; chop the onions, put in the saucepan with the oil.
3. Stir in the curry powder and fry for one minute.
4. Make up the stock by mixing a little hot water with the stock cube and adding 500ml of cold water. Add this to the saucepan with the vinegar and tomato puree. Put a lid on the pan and **SIMMER** for 20 minutes.
5. Prepare the vegetables, peel and cut into even sized pieces (**TRAINS** and **TUNNELS**) cover with flour.
6. Add the vegetables to the curry sauce and cook until tender. (Check the level of the liquid add more water if necessary)