

Indian Sharp Spice Paste

This paste is known as Vindaloo paste in India I have used it for many years now. I only use a little in my cooking as I do not like my food hot; for those who like it hot just add a little more until you find a level that suits your tastebuds. Add more very gradually as the paste is very hot – you have been warned!

Ingredients

- ½ oz (15g) ground cayenne pepper
- ½ oz (15g) ground coriander
- ½ oz (15g) ground turmeric
- ½ oz (15g) ground black pepper
- ½ oz (15g) ground hot mustard powder
- ½ oz (15g) salt
- ½ oz (15g) ground ginger
- 1oz (30g) ground cumin
- ½ teaspoon ground cinnamon
- 6 fluid oz (175ml) of white vinegar
- 5 fluid oz (150ml) of vegetable oil.

Method

1. Place all the spices and salt in a mixing bowl.
2. Stir in the vinegar.
3. Keep blending with the spoon until a paste is formed.
4. Heat the oil in a saucepan over medium high heat and add the paste.
5. Reduce the heat immediately to low and stir steadily and vigorously, scraping the bottom of the pan to make sure the spices do not stick.

DO NOT PUT YOUR FACE OVER THE PAN, AS THE SMELL WILL MAKE YOUR EYES WATER!

6. Stir constantly for about 8 minutes, the oil will show at the edges of the pan.
7. Turn of the heat and set aside to cool
8. When the mixture has cooled, spoon it all into a jar and cap tightly

Notes:

This paste will keep for ages in the fridge. The jar does not need to be full. Before adding to food stir the paste to blend in the oil.

When using the paste in your cooking you must start by adding a little at a time, as it is very hot.

