Olive's Kitchen

Curry Stir Fry – Slow-cooked!

This recipe, or method, is a creation of our friend, Alistair. The result is very satisfying and moreish, something you could crave for any time. Much of the secret is in the slow cooking. The ingredients can be varied as you wish: no need to use everything listed, just use what is on hand. Note that soya sauce is not one of the ingredients.

For two to four people:

1 tbsp olive oil
1 cup quality smoky bacon/ham
(or left over roast or barbecued meat or sausages)
½ cup hot chilli Italian salami/chorizo
1-2 tbsps good Indian curry paste
1 medium onion/spring onions
2 medium cloves garlic crushed
1 cup small cauliflower florets
1 medium red and yellow pepper
2 medium sticks celery
8 sticks asparagus
1 cup corn kernels from the cob
several mushrooms
1 apple
salt and pepper

handful sultanas or dried currants
parsley or coriander to garnish
steamed rice
chutneys, relishes, pickles

Method:

Slice, chop or dice all ingredients into appropriate sized pieces.

In a wok or large frying pan, heat the oil to medium or medium-low and cook the bacon/ham or equivalent. Stir through the salami, stir through the curry paste. Add the vegetables in stages, with a couple of minutes between additions.

Season, and cook gently, stirring occasionally. Add the apple at the end. Stir the sultanas through or use as a garnish.

If necessary or if you want to delay serving, place a lid on the top to help final cooking and allowing flavours to absorb (10 minutes). The end result should be a reasonably dry, crunchy mixture. Adjust flavours as required.

Serve:
Served garnished, with steamed rice and your favourite Asian and/or Western style chutneys, relish and pickles.

Equipment: Wok or large frying pan.

Difficulty and Time: Not difficult (2/5). 15 minutes preparation, 20-25 minutes cooking.

Notes and variations:

Try different types of meats and other suitable vegetables such as baby spinach.
Garnish with fresh chopped chilli or roasted peanuts.