

Basic Curry Sauce

Ingredients

1 to 2 onions
Garlic
1 or more red or green chilli(s) as required
Red or Green Pepper
Olive Oil
Hard butter
Salt and Pepper to taste

Spice Mix

2 small teaspoons of mild curry powder or Garam Massala
1 small teaspoon of coriander
2 small teaspoons of Cumin
2 small teaspoons of Turmeric
¼ or ½ small teaspoon of chilli powder

Extras

1 desert-spoon of tomato puree
¾ small teaspoon of garam flour (if you have any)
Dash or two of lemon juice
½ small teaspoon of tamarind paste
½ inch of grated ginger

Method:

1. Quarter onions and slice thinly. Fry onions garlic, chilli (and ginger if you have some) in a mixture of olive oil and hard butter. I like to cook this until the onions are beginning to go golden brown.
2. Add the pepper to this mix and cook until translucent.
3. Take off the heat add the spice mix and fry for 30 seconds to 1 minute. Make sure all the spice mix is coated in oil/butter mix.
4. Immediately add some water and any of the extra ingredients that you have available and bring to boil and then turn heat down.
5. Let this mix cook well. Keep adding water to keep it moist.
6. If you want a dhansak, wash and boil some red lentils for about 10 minutes. Drain and wash with cold water add to the mix, you will usually need ½ teaspoon of chilli powder for this or extra chillies.
7. Add cooked meat.
8. Continue cooking till the meat is cooked through and the curry is the right consistency.
9. For a creamier sauce add 3 dessertspoons of Crème Fraiche and mix well.

Ford and District Branch of the Royal British Legion.

22nd February, 12.30 for 1.00 pm – Branch Lunch at The Four Crosses, Bicton; Roast Beef and Yorkshire Pudding or Salmon with Hollandaise Sauce, followed by Pavlova or Apple crumble (£9.95, cheese and biscuits an extra £1). Let Val know by 17th February if attending

The Poppy Appeal has so far raised £5,681.33.

Bingo – the branch runs a Bingo session in conjunction with Oxon Bowling Club. This takes place every Thursday (with the exception of the 1st Thursday in the month) at The Four Crosses, Bicton from 8.00 to 9.45 pm with the aim of raising Branch Funds, all are welcome to attend.

For further information, please contact Val, Branch Secretary on 01743 850479

Senior Citizens' Forum, Shrewsbury

The Senior Citizens Forum is an organisation for people who value exchanging views & acting together to create a "50-plus" voice to be heard. It is a charity and membership is free. Our objective is to improve the quality of life for all Senior Citizens (now about a third of the UK population) and to create ways of communicating our concerns to Parliament and Local Authorities.

We meet bi-monthly in the Barnabas Centre, in Longden Coleham at 1030 on a Thursday (doors open 0930) and a light lunch is served (at a nominal charge), which must be pre-booked on arrival at the centre. For more details please contact Richard Head on 01743 367053 or Ann Wilde 01743 891833", better still, just come along to our next meeting where you will find a warm welcome.

Thursday 16th February, 10.30 am "Headway", helping people with an acquired brain injury as a result of a stroke, accident or assault

Thursday 19th April, 10.30 am "Guide Dogs for The Blind"