



## CHICKPEA & FILLET CURRY

Preparation Time: 20 min

Cooking Time: 40–60 min

Serves: 4–6

### INGREDIENTS

Cook with 500 g or 1 kg beef or chicken fillets

Plain yogurt – 1½ cups (about 375 ml)

Curry 4 Dummies Spices – use all four: #1, #2, #3, & #4

- Use 1 tsp of each spice for 500 g of meat
- Use 2 tsp of each for 1 kg of meat
- For extra heat and flavour, add 1 tsp of Curry 4 Dummies Spice #4

Ginger and garlic paste (optional)

Salt – to your taste

Chickpeas – 1 tin (drained and rinsed)

Ghee or oil – 25 to 50 ml

Onions – 4, finely sliced

### COOKING METHOD

1. Heat ghee or oil in a pan.
2. Fry sliced onions until golden brown.
3. Remove fried onions and place on absorbent paper to drain excess oil. Allow to cool, then crush coarsely.
4. In a bowl, mix the crushed onions with Curry 4 Dummies Spices #1–4 and yogurt.
5. Pour the spiced yogurt mixture over the beef or chicken fillets.
6. Cover and marinate for 1–2 hours.
7. In a clean pot, heat a little more ghee or oil.
8. Add the marinated fillets along with the yogurt mixture.
9. Cook on low heat until the meat is tender and the sauce thickens.
10. Add salt to your taste. Add a small amount of water if needed for consistency.
11. Stir in chickpeas and let simmer for a few minutes until heated through.

### PRO TIPS

- Serve hot with roti, naan, or fresh bread.
- Garnish with fresh coriander or a drizzle of lemon juice for extra flavor.



## MEATBALLS CURRY

Preparation Time: 30 min

Cooking Time: 45 min

Serves: 6–8

### INGREDIENTS

Cook with 500 g or 1 kg lean minced meat

Curry 4 Dummies Spices – use all four: #1, #2, #3, & #4

- Use 1 tsp of each spice for 500 g meat
- Use 2 tsp of each for 1 kg meat
- For extra heat and flavour, add 1 tsp of Curry 4 Dummies Spice #4

Ginger and garlic paste (optional)

Onions – 4, grated

Tomatoes – 3, grated

Plain yogurt – 1½ cups (approx. 375 ml)

Fresh coriander – a handful, chopped

Ghee or oil – 50 to 75 ml

Salt – to your tastet

### COOKING METHOD

1. In a bowl, mix the minced meat with half the grated onions, half the yogurt, chopped coriander, 1 tsp each of Curry 4 Dummies Spices #1 to #4 for 500 g meat (or 2 tsp each for 1 kg), and salt to taste.
2. Knead the mixture into a smooth, even dough.
3. Shape into approximately 20 small round meatballs for 500 g or 40 for 1 kg, and set aside.
4. In a large pot, heat the ghee or oil.
5. Add the remaining grated onions and fry until golden brown.
6. Stir in the remaining yogurt, grated tomatoes, another 1 tsp each of Curry 4 Dummies Spices #1 to #4 for 500 g (or 2 tsp each for 1 kg), and ½ tsp salt.
7. Fry the mixture for a few minutes until thick and fragrant.
8. Add 1 glass (250 ml) of water and bring to a gentle boil over medium heat for about 15 minutes.
9. Gently add the meatballs, reduce the heat, and cook uncovered on low heat for 20 to 30 minutes, until the meatballs are tender.
10. Important: Do not stir while cooking to keep the meatballs intact.

### PRO TIPS

- Garnish with chopped fresh coriander.
- Serve hot with roti, naan, or steamed rice.
- Let the curry rest for a few minutes before serving to enhance flavor.



## CURRY MUTTON, CHICKEN, OR BEEF

Preparation Time: 15 min

Cooking Time: 45 min

Serves: 4–6

### INGREDIENTS

Cook with 500 g or 1 kg beef, chicken, or mutton  
Curry 4 Dummies Spices – use all four: #1, #2, #3, & #4

- Use 1 tsp of each spice for 500 g of meat
- Use 2 tsp of each spice for 1 kg of meat
- For extra heat and flavour, add 1 tsp of Curry 4 Dummies Spice #4

Ginger and garlic paste (optional)

Salt – to your taste

Oil – 25 to 50 ml

Tomatoes – 4 to 6, grated

Onions – 2, grated

Potatoes – 3, cut into quarters

Fresh coriander – a handful (for garnish)

### COOKING METHOD

1. Heat the oil in a pot over medium heat.
2. Add the grated onions and sauté until soft.
3. Stir in Curry 4 Dummies Spice #1 and cook briefly to release flavour.
4. Add Curry 4 Dummies Spices #2 and #3, followed by your choice of meat (beef, chicken, or mutton).
5. Cook for 2–3 minutes, stirring occasionally, until the meat is lightly browned.
6. Add Curry 4 Dummies Spice #4, grated tomatoes, quartered potatoes, salt to taste, and 1 cup of water.
7. Bring to a boil, then reduce heat and simmer until the meat is tender and the gravy thickens.
8. Garnish with fresh coriander.

### PRO TIPS

- Serve hot with rice or bread.
- Perfect as a filling for bunny chows!



## FISH CURRY

Preparation Time: 10 min

Cooking Time: 25–30 min

Serves: 4–5

### INGREDIENTS

Cook with 500 g or 1 kg fish, cut into pieces  
Curry 4 Dummies Spices – use all four: #1, #2, #3 & #4

- Use 1 tsp of each spice for 500 g of fish
- Use 2 tsp of each for 1 kg of fish
- For extra heat and flavour, add 1 tsp of Curry 4 Dummies Spice #4

Ginger and garlic paste (optional)

Garlic – 3 pods or 2 tsp crushed

Curry leaves – about 10 leaves

Onion – 1, finely chopped

Yogurt – 1 tub (approx. 350–400 g)

Salt – to your taste

Ghee or oil – 75 ml

Water – 2 cups (approx. 500 ml)

Fresh coriander – a handful (for garnish)

### COOKING METHOD

1. Heat ghee or oil in a pot over medium heat.
2. Add chopped onion and fry until golden brown.
3. Add curry leaves, crushed garlic, yogurt, and Curry 4 Dummies Spices #1–4 (1 tsp each).
4. Fry for 8–10 minutes, stirring occasionally, until the mixture thickens and releases aroma.
5. Gently add the fish pieces and salt to taste.
6. Cook for 10 minutes without stirring too much (to avoid breaking the fish).
7. Add 2 cups of water and bring to a boil over high heat.
8. Once the gravy boils, reduce heat and simmer slightly if needed.

### PRO TIPS

- Serve hot with steamed rice.
- Garnish with fresh coriander just before serving.
- Avoid stirring the curry too often to keep fish pieces intact.



## LAMB KORMA

Preparation Time: 20 min

Cooking Time: 45 min

Serves: 4–6

### INGREDIENTS

Cook with 500 g or 1 kg lamb chops or ribs  
Curry 4 Dummies Spices – use all four: #1, #2, #3, & #4

- Use 1 tsp of each spice for 500 g of lamb
- Use 2 tsp of each for 1 kg of lamb
- Use more for a stronger flavour if desired
- For extra heat and flavour, add 1 tsp of Curry 4 Dummies Spice #4

Ginger and garlic paste (optional)

Onions – 3, finely chopped

Plain yogurt – 1½ cups (about 375 ml)

Salt – to your taste

Ghee or oil – 75 to 100 ml

Water – ½ cup (about 125 ml) for gravy

Ginger – 1 piece, shaved or chopped

### COOKING METHOD

1. Heat the ghee or oil in a pot.
2. Add the chopped onions and fry until light golden.
3. Remove the fried onions, place on absorbent paper, let cool, then crush coarsely.
4. In the same oil, add the lamb chops, yogurt, and Curry 4 Dummies Spices #1 to #4 (or more for stronger flavour).
5. Cover and cook on low heat for 20 to 30 minutes.
6. Add the ginger, salt, and ½ cup (125 ml) of water for a light gravy.
7. Cover and cook again on low heat until the meat is tender.
8. Stir in the crushed onions, cover, and simmer for another 5 to 10 minutes.
9. Before serving, remove any excess oil from the top.

### PRO TIPS

- Best served with naan, roti, or pulao rice.
- Let it rest for a few minutes after cooking for deeper flavor.



### BUTTER CHICKEN

Preparation Time: 15 min

Cooking Time: 25 min

Serves: 4-6

#### INGREDIENTS

Cook with 500 g or 1 kg boneless chicken pieces

Curry 4 Dummies Spices – use all four: #1, #2, #3, & #4

- Use 1 tsp of each spice for 500 g of chicken
- Use 2 tsp of each for 1 kg of chicken
- For extra heat and flavour, add 1 tsp of Curry 4 Dummies Spice #4

Ginger and garlic paste (optional)

Butter or ghee – 100 to 150 g

Tomato paste – 1 sachet (50 to 100 g)

Salt – to your taste

Fresh milk or coconut milk – 2 cups (±500 ml)

Fresh cream or coconut cream – 1 tub (±350 ml)



### KARAHI GOSHT

Preparation Time: 15 min

Cooking Time: 45-60 min

Serves: 4-6

#### INGREDIENTS

Cook with 500 g or 1 kg meat (chicken, beef, or mutton)

Curry 4 Dummies Spices – use all four: #1, #2, #3, & #4

- Use 1 tsp of each spice for 500 g of meat
- Use 2 tsp of each for 1 kg of meat
- For extra heat and flavour, add 1 tsp of Curry 4 Dummies Spice #4

Ginger and garlic paste (optional)

Tomatoes – 5 to 6, finely chopped

Green chillies – 6 whole

Fresh coriander leaves – a handful, chopped

Ginger – 1 piece, shaved (for garnish)

Ghee or oil – 25 to 50 ml

Salt – to your taste

Water – 1 to 2 cups (250 ml for chicken, 500 ml for beef or mutton)



### ROGAN JOSH

Preparation Time: 20 min

Cooking Time: 60 min

Serves: 4-6

#### INGREDIENTS

Cook with 500 g or 1 kg meat (beef, chicken, or mutton), cubed

Curry 4 Dummies Spices – use all four: #1, #2, #3, & #4

- Use 1 tsp of each spice for 500 g meat
- Use 2 tsp of each for 1 kg meat
- For extra heat and flavour, add 1 tsp of Curry 4 Dummies Spice #4

Ginger and garlic paste (optional)

Salt – to your taste

Tomatoes – 2 medium, diced

Onion – 1 medium, diced

Plain yogurt – 500 g

Milk or fresh cream – 1 cup (approx. 250 ml)

Ghee, oil, or butter – 50 to 75 ml

Nutmeg (ground) – 1 tsp

Water – 1½ cups (approx. 375 ml)

#### COOKING METHOD

1. In a large pan, melt the butter or ghee over medium heat.
2. Add chicken pieces and fry until lightly browned.
3. Stir in Curry 4 Dummies Spices #1-4 and tomato paste.
4. Cook for 6-7 minutes, stirring occasionally.
5. Pour in the milk (fresh or coconut) and cook on medium heat for another 6 minutes, until the chicken is tender and the curry thickens.
6. Add the fresh cream (or coconut cream), mix well, and simmer for an additional 2 minutes.

#### PRO TIPS

- Serve hot with white rice, naan, or roti.
- For extra richness, garnish with a swirl of cream and fresh coriander.

#### COOKING METHOD

1. In a pot, add meat, water, and Curry 4 Dummies Spices #1-4 (1 tsp each).
2. Cook on low heat for about 20 minutes, or until the meat is tender.
3. In a separate pan, heat ghee or oil.
4. Add chopped tomatoes and cook on low heat until they form a thick, rich paste.
5. Add the cooked meat and whole green chillies to the tomato mixture.
6. Simmer on low heat for 5-10 minutes, until the oil separates from the gravy.
7. Add salt to your taste and mix gently.

#### PRO TIPS

- Garnish with ginger shavings and fresh coriander leaves.
- Serve hot with rice, naan, or roti.
- For extra depth, let the dish rest for 10 minutes before serving to allow flavors to settle.

#### COOKING METHOD

1. Heat ghee, oil, or butter in a pot.
2. Add meat and fry until medium brown, stirring frequently.
3. Add diced onions and tomatoes, and fry for 5 minutes.
4. Stir in the plain yogurt and cook, stirring constantly, until the oil separates from the gravy.
5. Add Curry 4 Dummies Spices #1-4 and nutmeg. Fry for a few minutes.
6. Pour in 1½ cups of water and add salt to your taste.
7. Cover and cook on low heat until the meat is tender.
8. Increase heat and cook, stirring frequently, until the oil separates again.
9. Add milk or fresh cream and stir gently for a few minutes over medium heat to finish the dish.

#### PRO TIPS

- Serve hot with steamed basmati rice, naan, or roti.
- For a richer flavor, use butter and fresh cream.



### CHICKEN JALFREZI

Preparation Time: 20 min

Cooking Time: 20 min

Serves: 4–6

#### INGREDIENTS

Cook with 500 g or 1 kg boneless chicken, cubed  
Curry 4 Dummies Spices – use all four: #1, #2, #3, & #4

- Use 1 tsp of each spice for 500 g of chicken
- Use 2 tsp of each for 1 kg of chicken
- For extra heat and flavour, add 1 tsp of Curry 4 Dummies Spice #4

Ginger and garlic paste (optional)

Green peppers – 4, cubed

Onions – 3, cubed

Tomatoes – 4, finely chopped

Green chillies – 3, sliced lengthwise

Yogurt – 200 g

Salt – to your taste

Ghee or oil – 50 to 75 ml

#### COOKING METHOD

1. In a bowl, mix the Curry 4 Dummies Spices #1 to #4 with the yogurt.
2. Add the cubed chicken to the mixture and marinate for 15 minutes.
3. Heat the ghee or oil in a pot over medium heat.
4. Add the chopped tomatoes and fry well until they form a thick paste.
5. Add the marinated chicken mixture and cook until the sauce thickens.
6. Add salt to taste, then stir in the onions, green chillies, and green peppers.
7. Fry for 2–3 minutes, stirring occasionally.
8. Cover with a lid and simmer on low heat for 5–7 minutes, until the flavours are well combined and the chicken is fully cooked.

#### PRO TIPS

- Serve hot with salad, steamed rice, or naan.
- For a creamier twist, a spoon of fresh cream can be stirred in before serving.



### KASHMIRI STEW (OXTAIL)

Preparation Time: 15 min

Cooking Time: 60–90 min

Serves: 4–6

#### INGREDIENTS

Cook with 500 g or 1 kg meat (oxtail or ribs)

Curry 4 Dummies Spices – use #1, #2, and #3 only

- Use 1 tsp of each spice for 500 g of meat
- Use 2 tsp of each for 1 kg of meat
- For extra heat and flavour, add 1 tsp of Curry 4 Dummies Spice #4

Ginger and garlic paste (optional)

Onions – 2, sliced

Potatoes – 3, diced

Ghee or butter – 50 to 75 ml

Fresh cream – 200 ml

Salt – to your taste

Water – 3 to 4 glasses (750 ml to 1 litre)

#### COOKING METHOD

1. Heat ghee or butter in a large pot.
2. Add sliced onions, diced potatoes, meat, and Curry 4 Dummies Spices #1–3.
3. Fry together for a few minutes until lightly browned and aromatic.
4. Add salt to your taste.
5. Pour in 3–4 glasses of water, bring to a boil, then reduce heat.
6. Simmer gently until the meat is tender and cooked through (this may take 45–90 minutes depending on cut).
7. Stir in fresh cream and let it simmer for a few more minutes to thicken and enrich the stew.

#### PRO TIPS

- Serve hot with buttered toast, naan, or steamed rice.
- For extra depth, prepare a day ahead—flavors deepen overnight.



### VINDALHO

Preparation Time: 2 hrs (marinate)

Cooking Time: 60 min

Serves: 4–6

#### INGREDIENTS

Cook with 500 g or 1 kg meat (mutton or beef), cubed  
Curry 4 Dummies Spices – use all four: #1, #2, #3, & #4

- Use 1 tsp of each spice for 500 g meat
- Use 2 tsp of each for 1 kg meat
- For extra heat and flavour, add 1 tsp of Curry 4 Dummies Spice #4

Ginger and garlic paste (optional)

Ghee or butter – 50 to 75 ml

Tomatoes – 3 to 4, cubed

Lemon juice – 2½ tbsp (approx. 38 ml)

Brown sugar – 1 tbsp (approx. 15 g)

White vinegar – ¼ cup (approx. 60 ml)

Salt – to your taste

Mustard seeds (yellow) – 1 tbsp (approx. 15 g)

Bay leaves – 4 to 6 pieces

Water – 2 cups (approx. 500 ml)

Fresh coriander – for garnish

#### COOKING METHOD

1. In a bowl, combine the vinegar, salt, lemon juice, brown sugar, and a small amount of oil or ghee.
2. Add the cubed meat and coat well. Cover and refrigerate for 2 hours to marinate.
3. In a pot, heat the ghee or butter.
4. Add mustard seeds, bay leaves, and Curry 4 Dummies Spices #1 to #4 (1 tsp each for 500 g meat or 2 tsp each for 1 kg).
5. Add onions and sauté until soft and fragrant.
6. Stir in the marinated meat mixture and cubed tomatoes.
7. Add 2 cups (500 ml) of water, bring to a boil, then reduce the heat.
8. Simmer until the meat is tender and the sauce thickens (approximately 45 to 60 minutes).
9. Adjust seasoning if needed.

#### PRO TIPS

- Garnish with fresh coriander.
- Serve hot with steamed white rice, naan, or roti.
- Let the curry rest for 10–15 minutes before serving for maximum flavor.