

### Transcription of recipe for curry and curry powder

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#### Receipt for Currey

Take a fowl or two small chickens put them as for a fricasaes [fricassée] wash them clean and put them to boil with about two English pints of watter let them boil about five minutes then take out the fowl and let the liquor stand to settle take a stew pan with a little Butter and an Onion cut very small fry it gently so that it may not be brown then put in two table spoonfulls of Currey powder then your fowl with the liquor poured clean from the settlings some salt a very little cayenne pepper and the juice of a Lemon let it stew over a slow fire for half an hour then dish it up.

#### Recipe for Curry Modern Version

#### Ingredients

- One fowl or two small chicken
- Two pints of water
- Knob of butter
- One onion, finely chopped
- Two tablespoons of curry powder (see recipe below)
- $\frac{1}{2}$  teaspoon Cayenne pepper
- One lemon

#### Method

1. Put the fowl or two small chickens in a pan with two pints of water. (Note: you may cut the bird into sections if you prefer). Boil for five minutes.
2. Remove the bird and allow the scum to settle on the top of the water.
3. In a separate saucepan melt the butter. Add the onion and gently fry; do not allow it to brown.
4. Add two tablespoons of curry powder and stir. Add in the bird.
5. Remove any scum from the liquid used to cook the bird and add to the pan containing the onion along with some salt,  $\frac{1}{2}$  teaspoon of cayenne pepper and the juice of a lemon.
6. Allow it to stew over a low heat for half an hour or until cooked through. Serve hot.

#### Receipt for Currey Powder

Take two pound of rice one pound of coriander and two oz of cumine [cumin] and toast and ground them all then mix them together with four oz of turmeric [turmeric]

### Recipe for curry powder Modern Version

**Note:** when this recipe for curry powder was tried, only 1/10<sup>th</sup> of the amounts given in the original recipe were used as the full amount would have produced a vast quantity. Only two tablespoons are required to be added to the chicken curry recipe.

#### Ingredients

- 900g of rice
- 453g coriander
- 56g cumin
- 113g turmeric

#### Method

1. Toast the rice with the coriander and cumin over a medium heat until fragrant.
2. Ground the spices together and mix with the turmeric.