

SAMPLE KIDS COURSE

Goan curry paste

6 red chillies
2 tbsp ground coriander
2 tsp ground cumin
1 tsp tumeric
3 garlic cloves
5cm root ginger
2 tbsp fresh tamarind

Goan curry(serves 12)

4 medium onions sliced
8 tomatoes skinned and chopped
2x400ml tins of coconut milk
sunflower oil for frying
Goan curry paste
chopped coriander
salt and pepper

Tomato sauce

12 tomatoes chopped
2 medium onions diced
3 garlic cloves chopped
4 sprigs of thyme
2 sprigs of rosemary
olive oil
salt and pepper

Pasta dough

200g pasta flour
1 tsp salt
1/2tsp olive oil
2 eggs
2 egg yolks

