

## FTP Indian Curry



This plant-based version of a classic Indian curry features a rich, creamy tomato-based sauce and a warming blend of spices. FTP Chunks absorb the sauce deeply while maintaining a juicy, meat-like bite.

### Ingredients:

- 150 g FTP Chunks SF
- 35 g spice mix (see below)
- 90 g vegetable oil
- 1 Curry sauce of choice (e.g. Butter-Chicken Style)
- 1 large mild onion, finely chopped
- 5 cloves garlic, finely chopped
- 10 g sugar
- 1 tsp salt
- 1 pinch cayenne pepper

### Spice Mix

Use either a **ready-made Butter Chicken or curry spice blend**, or prepare a simplified curry base.



### **Example spice mix:**

- 1 part sea salt
- 1 part curry powder
- ½ part sweet paprika
- ½ part turmeric
- ½ part ground coriander

### **Preparation**

#### **Hydration & seasoning**

1. Place the dried FTP Chunks in a bowl.
2. Boil 1.5 L of water and pour it over the chunks.
3. Let soak for 10 minutes.
4. Discard the water, rinse briefly with cold water, and allow to drip for about 1 minute.
5. Gently mix the hydrated chunks with the spice mix and 60 g of the vegetable oil until evenly coated.

#### **Pan-frying**

- Heat the remaining oil in a skillet over medium-high heat.
- Add the seasoned chunks and sauté for 5–8 minutes, or until golden brown. Fry longer if more crust is desired.

#### **Sauce**

- In a separate pan, heat a small amount of oil and sauté the onion until soft.
- Add the garlic and cook for 1–2 minutes.
- Stir in the cooking sauce, sugar, salt, MSG (optional), and cayenne pepper and let simmer briefly.
- Add the fried FTP Chunks to the sauce and mix gently to coat.

**Serving suggestion:** Serve with freshly baked naan or rice.