

A few Favourite Ideas From Charmaine Solomon

Charmaine Solomon, author of over 30 cookbooks, shares with us her ideas for using her wonderful range of curry pastes.

“To think that I only started making curry pastes and marinades to help others, and now I find I cannot do without them myself. I always made them at home because there were no commercial curry pastes which tasted right to me, and most of them contained msg, acetic acid, and goodness knows what else. Like most thinking people, I prefer to know what is in the food I serve my family. Having found a manufacturer who follows my recipes to the letter, I have the peace of mind that everything under my label is pure and natural and just how I would make it at home.”

“Besides, it saves so much time not having to chop onions, garlic, ginger and cook them slowly first. That is the most time-consuming part of making a curry. Many curry blends still ask you to do this first. Mine have all these ingredients in them, already cooked to mellowness, so the simple recipe on the label or the recipe card can be followed in a very short time.”

“I should also confess that I use the pastes as marinades.

- Try the Rendang Curry paste as a marinade on chicken, mixed with a little oil or water to make it runnier than it is in the jar. Cover and marinate for 30 minutes or longer, then barbecue or grill the chicken (thigh fillets are my choice) until golden brown.
- Lamb is lovely when marinated in Kashmiri or Korma or Moroccan Spice Blend. As for meals cooked in the oven, try a butterflied leg of lamb anointed with Kashmiri Marinade and roasted. Put potatoes into the pan as well and have your baked dinner with a touch of exotic spice.”