

By Corey...

## *This is an Indian curry paste*

### Dry ingredients

75g dried chilli  
1 tsp cumin  
4 cm cinnamon quill crushed  
1 tsp cloves  
1 tbsp coriander seeds  
2 tbsp Paprika

### Wet Ingredients

1 tbsp oil  
1 small onion diced  
10 cloves of garlic crushed  
50g ginger chopped  
150 ml cider vinegar

### Method

Lightly toast all dry ingredients until fragrant, then grind into a powder  
Heat oil in a medium to large pan and cook onion, garlic and ginger until transparent, remove from heat and allow to cool  
Combine all ingredients and grind to a smooth paste. You may need to add a little extra vinegar but careful not to add too much  
This can be stored, if so place in a sterilised jar and top with a little oil.

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## *Balsamic Chicken marinade*

Summerdays

Hey Guys,

I had some yummy chicken tonight (shame about the 120gram could have gone for seconds)

Ingredients,

400gram of chicken fillet  
2 cloves of garlic  
2 tablespoons of balsamic vinegar  
1 tablespoon of wholegrain mustard

Firstly, I seasoned the chicken, then mix the garlic, balsamic vinegar and mustard in a ceramic bowl.

Then I placed the chicken in and marinade for at least 30 minutes.

Then pan fried the chicken with a little spray of oil.

Served with vegetable or salad.