

rick stein curry recipe

rick stein curry recipe has become a beloved staple for both home cooks and professional chefs alike, thanks to its rich flavors, authentic taste, and the versatility it offers. Renowned British chef Rick Stein has built a reputation for his mastery of seafood and regional cuisines, but his curry recipes have also gained widespread popularity for their depth of flavor and simplicity of preparation. Whether you're looking to recreate a traditional Indian curry, a fragrant Thai dish, or a Caribbean-inspired masterpiece, Rick Stein's curry recipes serve as an excellent foundation for exploring diverse flavors and techniques. In this comprehensive guide, we'll delve into the essentials of Rick Stein's curry recipes, provide step-by-step instructions, share tips for customizing flavors, and suggest complementary sides to elevate your curry experience.

Understanding Rick Stein's Approach to Curry

Rick Stein's culinary philosophy emphasizes fresh ingredients, authentic spices, and careful layering of flavors. His curry recipes often reflect a respect for regional traditions while adapting them for the home kitchen. Unlike quick-fix shortcuts, Stein advocates for building flavor through slow cooking and proper spice blending, ensuring each dish is vibrant and satisfying.

Key Elements of Stein's Curry Recipes

- Use of Fresh Ingredients: Fresh herbs, vegetables, and seafood are fundamental.
 - Authentic Spice Blends: Ground spices, whole spices, and pastes crafted from scratch.
 - Layering Flavors: Building complexity through sautéing, simmering, and seasoning.
 - Balanced Acidity and Sweetness: Incorporating ingredients like lime, tamarind, or coconut milk to balance flavors.
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Essential Ingredients for a Classic Rick Stein Curry

Before diving into specific recipes, it's important to gather the right ingredients. While variations exist, the following staples form the foundation of most Rick Stein curry dishes:

Spices and Pastes

- Ground cumin
- Ground coriander
- Turmeric
- Garam masala
- Chili powder or fresh chilies

- Curry paste (e.g., Thai red or green curry paste)
- Fresh ginger and garlic

Liquids and Bases

- Coconut milk or cream
- Tomato purée or fresh tomatoes
- Fish stock or chicken stock
- Lime juice or tamarind paste

Proteins and Vegetables

- Seafood (fish fillets, prawns, shellfish)
- Chicken, lamb, or beef (optional)
- Vegetables like bell peppers, onions, spinach, eggplant, or potatoes

Aromatics and Herbs

- Fresh coriander (cilantro)
- Basil or Thai basil
- Mint

Step-by-Step Guide to Making a Rick Stein Curry

Creating an authentic curry inspired by Rick Stein's recipes involves careful preparation and patience. Here, we outline a basic yet flavorful curry recipe that captures his approach.

1. Prepare Your Ingredients

- Chop vegetables uniformly for even cooking.
- Mince garlic and grate fresh ginger.
- Measure out your spices and make a spice mix if desired.

2. Sauté Aromatics and Spices

- Heat oil in a large pan or wok over medium heat.
- Add chopped onions and cook until translucent.
- Stir in garlic and ginger, cooking for another minute.
- Add ground spices or curry paste and cook for 2-3 minutes until fragrant, ensuring not to burn the spices.

3. Develop the Base

- Pour in chopped tomatoes or tomato purée.
- Cook for 5-7 minutes, stirring occasionally, until the mixture thickens and oil begins to separate.

4. Add Protein and Vegetables

- Incorporate seafood, chicken, or meat, cooking until just sealed.
- Add vegetables like bell peppers or eggplant.
- Pour in coconut milk or stock to create the sauce.

5. Simmer and Layer Flavors

- Reduce heat and simmer for 15-20 minutes to allow flavors to meld.
- Adjust seasoning with salt, pepper, lime juice, or tamarind as needed.

6. Final Touches

- Stir in fresh herbs such as coriander or Thai basil.
- Serve hot, garnished with extra herbs and a squeeze of lime.

Popular Rick Stein Curry Recipes to Try at Home

Below are some of Rick Stein's most celebrated curry dishes, each offering a unique taste experience.

1. Thai Green Curry with Prawns

Ingredients:

- Thai green curry paste
- Prawns
- Coconut milk
- Green beans
- Basil and coriander

Key Tips:

- Use fresh green chilies and herbs for maximum flavor.
- Serve with jasmine rice.

2. Indian Chicken Tikka Masala

Ingredients:

- Chicken breasts or thighs
- Tikka marinade (yogurt, spices)
- Tomato-based sauce
- Cream or coconut milk

Key Tips:

- Marinate chicken for at least 2 hours for more flavor.
- Simmer gently to keep chicken tender.

3. Caribbean Fish Curry

Ingredients:

- White fish fillets
- Coconut milk
- Scotch bonnet peppers
- Lime juice
- Fresh herbs

Key Tips:

- Be cautious with chili heat; adjust to taste.
- Serve with rice and fried plantains.

Tips for Perfecting Your Rick Stein Curry

- Use Fresh Spices: Old spices lose potency; buy whole spices and grind as needed.
- Layer Flavors: Build richness by cooking spices first, then adding liquids.
- Balance the Flavors: Adjust acidity, sweetness, and heat to suit your palate.
- Cook Low and Slow: Allow flavors to deepen by simmering gently.
- Experiment with Ingredients: Don't hesitate to try different proteins or vegetables.

Serving Suggestions and Accompaniments

A well-made curry is complemented beautifully by various side dishes and garnishes:

- Steamed jasmine or basmati rice
- Naan bread or chapati
- Pickles and chutneys
- Fresh salads with lime dressing
- Extra chopped herbs for garnish

Conclusion

Rick Stein's curry recipes exemplify a blend of authenticity and approachability, making them ideal for cooks eager to explore global flavors from their own kitchens. Whether you prefer the fiery heat of a Thai green curry or the comforting richness of an Indian chicken tikka masala, Stein's techniques and ingredient choices provide a reliable blueprint for success. Remember, the key to a memorable curry lies in fresh ingredients, thoughtful spice blending, and patience during the cooking process. With practice, you can master these recipes and impress family and friends with flavors that transport you across continents—right from your home.

Start experimenting today and bring the vibrant world of Rick Stein's curry cuisine into your kitchen!

Frequently Asked Questions

What are the key ingredients in Rick Stein's curry recipe?

Rick Stein's curry typically includes ingredients like fresh spices, coconut milk, onions, garlic, ginger, and choice of protein such as chicken, fish, or vegetables, depending on the specific recipe.

How long does it take to prepare Rick Stein's curry?

Preparation and cooking time for Rick Stein's curry usually ranges from 30 to 45 minutes, making it a relatively quick yet flavorful dish.

Can I make Rick Stein's curry vegetarian?

Yes, you can substitute the protein with vegetables, tofu, or chickpeas to create a delicious vegetarian version of Rick Stein's curry.

What makes Rick Stein's curry different from other curry recipes?

Rick Stein's curry is known for its balanced blend of authentic spices, rich coconut milk, and a focus on fresh ingredients, giving it a distinctive and flavorful profile.

Are there any tips for adjusting the spice level in Rick Stein's curry?

Absolutely, you can control the spice level by adjusting the amount of chili or cayenne pepper used, or by choosing milder or hotter varieties of spices to suit your taste.

Can I prepare Rick Stein's curry in advance?

Yes, the curry flavors often deepen after sitting for a few hours or overnight, making it suitable for preparing in advance and reheating before serving.

Where can I find the full recipe for Rick Stein's curry?

You can find Rick Stein's curry recipes in his cookbooks, on his official website, or through reputable cooking websites that feature his culinary creations.

Additional Resources

Rick Stein Curry Recipe: A Culinary Masterpiece for Curry Enthusiasts

When it comes to crafting the perfect curry, few chefs have the culinary finesse and

storytelling prowess quite like Rick Stein. Renowned for his passion for seafood and regional flavors, Stein's curry recipes are a testament to his dedication to authentic, flavorful, and approachable dishes. Whether you're a seasoned home cook or a curious newcomer, exploring Rick Stein's curry recipe offers an exciting journey into the depths of Indian, Thai, and other Asian-inspired flavors. This detailed review delves into the essence of Stein's curry recipe, guiding you through every step, ingredient, and tip to achieve restaurant-quality results at home.

Understanding Rick Stein's Approach to Curry

Rick Stein's culinary philosophy revolves around simplicity, authenticity, and respect for traditional techniques. Unlike some modern interpretations that might rely heavily on pre-made spice blends or shortcuts, Stein emphasizes fresh ingredients, layered flavors, and careful preparation.

Core Principles of Stein's Curry Recipes:

- Fresh Ingredients: Use fresh herbs, spices, and proteins to maximize flavor.
- Layered Spicing: Develop depth by adding spices at different stages of cooking.
- Balanced Flavors: Achieve harmony between heat, sweetness, acidity, and saltiness.
- Regional Authenticity: Respect regional differences, whether it's a fragrant Thai green curry or a rich Indian butter chicken.

Stein's approach is accessible yet sophisticated, making his recipes perfect for both everyday meals and special occasions.

Essential Ingredients for Rick Stein's Curry

Before diving into the recipe, assembling the right ingredients is crucial. While the specific spices and proteins may vary depending on the type of curry, some staples are common across many of Stein's recipes.

Basic Ingredients:

- Proteins: Chicken, seafood (like prawns or fish), lamb, or vegetables.
- Aromatics: Onion, garlic, ginger.
- Spices: Cumin, coriander, turmeric, chili powder, garam masala, cardamom, cinnamon.
- Herbs: Fresh coriander (cilantro), Thai basil (for Thai curries), mint.
- Liquids: Coconut milk, stock, yogurt, or tomato puree.
- Acid: Lime juice, tamarind paste, or vinegar.
- Oils: Vegetable oil, ghee, or coconut oil.

Optional but Recommended:

- Fresh chili peppers: For added heat.

- Lemon or lime zest: To brighten flavors.
- Sweeteners: Honey or sugar, to balance acidity and heat.

The Classic Rick Stein Chicken Curry Recipe: Step-by-Step Guide

While Rick Stein has several curry recipes, his classic chicken curry exemplifies his approach—rich, flavorful, and deeply satisfying. Below is a comprehensive guide to recreating this dish at home.

Ingredients (Serves 4):

- 4 chicken thighs, bone-in or boneless, skinless
- 2 onions, finely chopped
- 4 garlic cloves, minced
- 1-inch piece of fresh ginger, grated
- 2 tbsp vegetable oil
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp turmeric powder
- 1 tsp garam masala
- 1 tsp chili powder (adjust to taste)
- 2 tbsp tomato puree
- 200 ml chicken stock or water
- 150 ml coconut milk
- Salt and freshly ground black pepper
- Fresh coriander, chopped (for garnish)
- Juice of half a lime

Step-by-Step Preparation:

1. Spice Preparation and Toasting

- Toast the cumin and coriander seeds in a dry skillet over medium heat until fragrant (about 2 minutes).
- Once cooled slightly, grind them into a powder using a mortar and pestle or spice grinder.
- This step ensures maximum flavor and freshness.

2. Sauté Aromatics

- Heat oil in a large heavy-bottomed pan over medium heat.
- Add chopped onions and cook gently until golden and soft (about 10 minutes).
- Incorporate minced garlic and grated ginger, cooking for another 2-3 minutes until fragrant.

3. Cook Spices and Tomato Puree

- Add the toasted ground spices, turmeric, garam masala, and chili powder to the aromatics.
- Stir well for 1 minute to release their aroma.

- Mix in the tomato puree, cooking for another 2 minutes to deepen the flavor.

4. Brown the Chicken

- Push the aromatics and spices to the side of the pan.
- Add the chicken thighs, skin-side down if using boneless, and brown on all sides for about 5-7 minutes.
- Season with salt and pepper.

5. Simmer the Curry

- Pour in the chicken stock and coconut milk.
- Bring to a gentle simmer, cover, and cook on low heat for about 30-40 minutes until the chicken is tender and cooked through.
- During cooking, occasionally stir and taste for seasoning adjustments.

6. Finish with Fresh Herbs and Lime

- Once cooked, remove from heat.
- Stir in lime juice for brightness.
- Garnish generously with chopped fresh coriander.

Serving Suggestions:

- Serve hot with steamed basmati rice or warm naan bread.
- Accompany with a side of cooling raita or a simple salad.

Variations and Customizations of Rick Stein Curry Recipes

Rick Stein often encourages experimentation and adaptation in his cooking. Here are some popular variations of his curry recipes that cater to different tastes and dietary preferences.

Seafood Curry

- Replace chicken with prawns or firm fish fillets.
- Add the seafood towards the end of cooking; prawns take only 3-4 minutes to cook.

Vegetarian/Vegan Curry

- Use hearty vegetables like cauliflower, chickpeas, eggplant, or paneer.
- Replace coconut milk with vegetable broth or coconut cream for richness.
- Incorporate plant-based protein sources like lentils or tofu.

Regional Flavors

- For Thai-inspired curries, use green curry paste, fresh basil, and lime.
- For South Indian-style curries, add curry leaves, coconut grated, and mustard seeds.

Spicy Heat Levels

- Adjust chili quantities according to your heat preference.
- Incorporate fresh red chilies or chili flakes for more intensity.

Tips for Perfecting Rick Stein's Curry at Home

Achieving the depth of flavor and authentic texture in Stein's curry recipes requires attention to detail. Here are some expert tips:

- Use Fresh Spices: Spices lose potency over time. Grind them fresh for maximum flavor.
- Layer Flavors: Develop flavor by adding spices at different stages—toast, sauté, simmer.
- Control Heat: Cook aromatics gently to prevent burning and bitterness.
- Balance Flavors: Adjust acidity (lime, tamarind), sweetness (honey), and salt to taste.
- Simmer Gently: Avoid boiling vigorously; slow simmering enhances tenderness and flavor melding.
- Rest the Curry: Letting the curry sit for 10-15 minutes after cooking allows flavors to deepen.

Pairing and Presentation

Rick Stein emphasizes that a great curry is not just about taste but also about presentation and accompaniments.

Ideal Sides:

- Basmati Rice: Fluffy, fragrant rice to soak up the sauce.
- Naan or Roti: Soft bread to scoop and dip.
- Pickles and Chutneys: For added tang and sweetness.
- Cooling Raita: Yogurt-based side to counteract spice.

Presentation Tips:

- Serve in pre-warmed bowls.
- Garnish with fresh herbs and a squeeze of lime.
- For an authentic touch, sprinkle a little chopped red chili or sliced green onions on top.

Conclusion: Why Rick Stein's Curry Recipes Stand Out

Rick Stein's curry recipes are celebrated for their balanced flavors, authentic techniques, and approachable nature. They embody a respect for regional ingredients and a mastery of layering spices, resulting in dishes that are both comforting and sophisticated. Whether you're making his classic chicken curry or experimenting with regional variations, these recipes serve as an excellent foundation for exploring world cuisines.

By following Stein's principles—using fresh ingredients, toasting spices, and simmering with patience—you can recreate restaurant-quality curries that impress family and friends alike. Moreover, his recipes encourage creative customization, making them versatile enough to suit different dietary needs and flavor preferences.

Embark on your curry-making journey with Rick Stein's recipes and discover the rich tapestry of flavors that make this dish a global favorite. With practice and passion, you'll soon be crafting curries that are as vibrant and satisfying as those served in renowned restaurants or cozy family kitchens.

Happy cooking!

Rick Stein Curry Recipe

rick stein curry recipe: Rick Stein's India Rick Stein, 2013-06-07 Whenever I hear the word curry, I'm filled with a longing for spicy hot food with the fragrance of cumin, cloves and cinnamon. I see deep red colours from lots of Kashmiri chillis, tinged with a suggestion of yellow from turmeric. I think of the tandoor oven, and slightly scorched naan shining with ghee and garlic. When Indians talk of their food, they talk about their life. To understand this country, you need to understand curry. What makes a good curry? Sensual spicy aromas or thick, creamy sauces? Rich, dark dals or crispy fried street snacks? Rick journeys through India to find the answer, searching this colourful, chaotic nation in search of the truths behind our love affair with its food. Chefs, home cooks and street vendors hold the key to unlocking the secrets of these complex and diverse flavours - and Rick's travels take him to the heart of both their long-held traditions and most modern techniques. He uncovers recipes for fragrant kormas, delicate spiced fish and slow-cooked biryanis, all the while gathering ideas and inspiration for his own take on that elusive dish - the perfect curry.

rick stein curry recipe: Rick Stein's India Rick Stein, 2013-07-13 Whenever I hear the word curry, I'm filled with a longing for spicy hot food with the fragrance of cumin, cloves and cinnamon. I see deep red colours from lots of Kashmiri chillis, tinged with a suggestion of yellow from turmeric. I think of the tandoor oven, and slightly scorched naan shining with ghee and garlic. When Indians talk of their food, they talk about their life. To understand this country, you need to understand curry. What makes a good curry? Sensual spicy aromas or thick, creamy sauces? Rich, dark dals or crispy fried street snacks? Rick journeys through India to find the answer, searching this colourful, chaotic nation in search of the truths behind our love affair with its food. Chefs, home cooks and street vendors hold the key to unlocking the secrets of these complex and diverse flavours - and Rick's travels take him to the heart of both their long-held traditions and most modern techniques. He uncovers recipes for fragrant kormas, delicate spiced fish and slow-cooked biryanis, all the while gathering ideas and inspiration for his own take on that elusive dish - the perfect curry.

rick stein curry recipe: Rick Stein's Food Stories Rick Stein, 2024-09-12 'Over my 55-year career, I've seen British cuisine transform. What we have now is an amalgam of our own rich repertoire of dishes, and the food and flavours of so many different cultures from the people who have made Britain their home - from meat and two veg to Pad Thai noodles. We have today what I believe is one of the most exciting cuisines in the world' - Rick Stein Includes all of the recipes from Rick's new BBC series Accompanying the major new BBC2 series, Rick Stein's Food Stories is an exciting collection of new classics that celebrate modern Britain. Rick's recipes reflect his mouth-watering and heartfelt exploration of today's British cuisine and how different cultures have

influenced the nation's evolving palate. Rick highlights traditional favourites such as Bangers and champ with red wine gravy, Crumpets with potted shrimp, and Tattie scones with smoked salmon and puts his twist on new food and flavours that have come to our shores, including Kubo pork belly adobo, Arroz roja and Paneer jalfrezi. With stunning food and location photography, Rick Stein's Food Stories also shines a spotlight on talented food heroes from all over the country, from food growers and producers to immigrant home cooks and rebellious young chefs. Let Rick take you on a delicious journey through our joyous and ever-changing food scene.

rick stein curry recipe: Rick Stein at Home Rick Stein, 2021-09-16 Home is more than a place. It's a feeling. Rick Stein has spent his life travelling the world in search of cooking perfection - from France and Italy to Australia and the far east - and inspiring millions of food lovers with the results. In Rick Stein At Home, he takes us into the rhythms and rituals of his home cooking. In his first book to celebrate his all-time favourite home-cooked meals, Rick shares over 100 very special recipes, including many from his recent Cornwall series - from sumptuous main courses such as Cornish Bouillabaisse and Braised Pork Belly with Soy and Black Vinegar to indulgent desserts like Apple Charlotte and Spiced Pears Poached with Blackberries and Red Wine. Rick explores family classics that evoke childhood memories and newer dishes that have marked more recent personal milestones - along with unforgettable stories that celebrate his favourite ingredients, food memories, family cooking moments and more. Sharing the dishes he most loves to cook for family and friends throughout the year, Rick takes you inside his home kitchen unlike he's done in any previous book.

rick stein curry recipe: Rick Stein's Simple Suppers Rick Stein, 2023-10-26 These are my simple suppers. Recipes that are straightforward and informal - yet effortlessly delicious. The idea of supper appealed to me because it suggests an ordinary meal. When one is not trying too hard; maybe something you're going to cook in your jeans and Polo shirt, a glass of vinho verde on the worktop. Rick Stein's Simple Suppers is your new go-to cookbook. A collection of stylish, easy recipes for midweek, weekends and every eventuality in between. Chapters include: - Suppers for one: Easy croque monsieur, Steak with Chimichurri sauce - Suppers for two: Harissa lamb steak with chickpea mash, Aubergine braised with soy & ginger - Suppers with friends: Pilaf with buttermilk chicken & pomegranate, Puff pastry fish pie - Fast suppers: Sweet potato, chorizo & sweetcorn tacos, Baked portobello mushrooms with Dolcelatte & walnuts - One-pot suppers: Coconut prawn curry, Wild garlic & broad bean risotto - Veggie suppers: Vegetable bourguignon with dumplings, Spaghetti with courgettes, rosemary and ricotta

rick stein curry recipe: Rick Stein's Taste Of The Sea Rick Stein, 2017-01-26 For most of us, fish is something to be eaten in restaurants. The occasional prawn might sneak into our stir-fries or the odd sardine pop up on the barbecue but, for the most part, preparing and cooking fish at home on a regular basis is seen as difficult and time-consuming. Rick Stein would have us change all that. In this cookery book, he takes us to the briny world of his Cornish fishing village, Padstow, and gives us tips on the preparation of many fish types as well as showing how to make the most of each fish's unique character and flavour. This collection of 150 stylish and delicious recipes demonstrates the huge versatility of food from the sea - which is also, of course, quick to cook and healthy too! From the classic delights of Skate in Black Butter and Herrings in Oatmeal to Rick's own inventions like Chargrilled Tuna with Olives, Lemon and Sorrel, Mackerel Escabeche and Spicy Deep-fried Red Mullet, these recipes bring fish cookery to the centre of the culinary stage where it truly belongs.

rick stein curry recipe: Rick Stein's Far Eastern Odyssey Rick Stein, 2012-04-20 Rick Stein's Far Eastern Odyssey is an ambitious journey, avoiding the beaten track and tourist hot-spots, in search of the authentic food of Southeast Asia. In this accompanying book to the major BBC series, Rick shares his favourite recipes and some well-known classic dishes inspired by the fragrant ingredients and recipes he sampled from local chefs, family-run restaurants, street vendors and market stalls. In Cambodia, Rick learns how to make a national dish Samlor kako, a stir-fried pork and vegetable soup flavoured with an array of spices; in Vietnam he is shown the best recipe for Pho Bo, a Vietnamese beef noodle soup; and in Thailand, Rick tries Geng Leuong Sai Gung Lai Sai Bua, a yellow curry made with prawns and lotus shoots that you won't find outside the country. Rick Stein's

Far Eastern Odyssey includes over 150 new recipes from Cambodia, Vietnam, Thailand, Bangladesh, Sri Lanka, Malaysia and Bali each complemented by Rick's colourful anecdotes from the trip and beautiful on-location photography. This is a visually-stunning culinary tribute to Southeast Asian cooking that evokes the magic of bustling markets, the sizzle of oil and the aromatic steam from a Far Eastern kitchen.

rick stein curry recipe: Rick Stein's Coast to Coast Rick Stein, 2016-11-03 Rick Stein's passion for fresh, well-sourced food has taken him from continent to continent, across magnificent shorelines and to the very best produce the coast has to offer. From Fresh grilled cod with shellfish in garlic butter at the tip of St Ives, to Cured red duck breasts with melon, soy and pickled ginger in Sydney Harbour, this collection of over 130 recipes evokes all the pleasure and flavour associated with the coast. Chapters are organised by region: healthy salads inspired by the Californian ocean, sumptuous starters fit for French cuisine, modern light lunches such as Japanese sashimi and Moroccan tagines, and main courses using fresh fruit, vegetables, fish, meat, poultry and game from the most fertile coastal regions in the world. There are recipes for classic treats such as Toad-in-the-hole with porcini mushrooms and onion gravy, staple fish masterpieces such as Poached sea trout with sorrel hollandaise, and recipes for tasty favourites from your treasured holiday destinations: Seafood Paella, Goan Curry, Welsh Cawl and Clam Chowder. All this, plus a delicious range of puddings including Hot bread pudding with armagnac sauce, Lemon Possett and Poached pears with mulberries and mascarpone ice cream. With brand-new recipes and a fresh design, Coast to Coast contains Rick Stein's most popular dishes drawn from many years of travelling the culinary globe. Easy to follow and quick to inspire, this cookbook will bring all the flavour of the coast into the comfort of your own home.

rick stein curry recipe: Rick Stein's Spain Rick Stein, 2011-10-31 'I've wanted to make a series in Spain for a long time. I love Spanish food, I've been going there since I was a young boy - but until quite recently I don't think people really took the food seriously. Thanks to a handful of really dedicated Spanish chefs and a growing enthusiasm for its rugged flavours, that has all begun to change. To me the underlying point of journeying to Spain would be to discover the 'duende' in the cooking. By that I mean a sense of soul, of authenticity. The word is normally used in flamenco but I think it could be equally applied to the art of Spanish cooking because to my mind, in really good food, there is a communication between the cook and diner that amounts to art.' Rick Stein In his beautifully designed and illustrated cookbook to accompany a major BBC2, 4-part series, Rick has selected over 140 recipes that capture the authentic taste of Spain today. Spain is a country that tantalises every sense with its colourful sights, evocative music, vibrant traditions and bold cookery. Spanish cooking has a rich history, with flavours reflecting a broad range of cultural influences. Rick samples his way through the specialties and hidden treats of each region, taking in the changing landscape from the mountainous northern regions through the Spanish plains to Mediterranean beaches. With over 100 Spanish recipes and location photographs, this is an essential cookbook for food-lovers as well as a stunning culinary guide to a diverse country.

rick stein curry recipe: Rick Stein's Food Heroes Rick Stein, 2019-03-28 Rick Stein, one of the UK's most popular and respected chefs, opens your eyes to the wealth of produce available on your doorstep with his book, Rick Stein's Food Heroes. Now available for the first time in paperback as well as hardback, this book is both an inspirational collection of recipes and a delightful celebration of British ingredients and those who create them. Rick has always encouraged us to think carefully about the food we eat, to seek out the best-quality ingredients and to cook them simply. In his accompanying TV series he travelled around Britain, searching out the best of all British produce, from bread to beer and lamb to cheese. The book contains over 100 recipes, including all those broadcast on BBC2. In addition to a host of brand new recipes (including Smoked Duck Breast Salad with New Potatoes and Fresh Raspberry Tart with Hazelnut and Coconut Pastry), Rick adds his own variations on traditional dishes, such as The Definitive Welsh Rarebit.

rick stein curry recipe: Star Fish Daisy Jones, 2014-10-01 Go ahead. Feel smug. With Star Fish in your hands, there will no longer be anything fishy about the seafood meals you produce. In

fact, the lip-smackingly good recipes in this book use only the top ten most sustainable fish off the SASSI (SA Sustainable Seafood Initiative) green list. In this surprisingly funny, surprisingly fascinating read, author Daisy Jones takes you on an epic road trip to meet the farmers, conservationists, fishermen and scientists who will protect the top ten in the years to come. You'll visit a vloeking oyster farmer in a wasteland on the West Coast and a high-heeled SASSI scientist. You'll meet an abundantly bearded kabeljou farmer in Paternoster, a third-generation treknetter in Fish Hoek and an Irish-accented aquaculturist in East London. Daisy has conducted hours of interviews on boats, rafts and on farms to find out why her top ten are not in danger of overfishing and why catching them does no damage to the environment. The chapters on each fish, and the paintings and illustrations that accompany them, will secure the top ten in your memory - a phenomenon sure to come in handy when you shop or dine out sans SASSI checklist. The recipes at the end of each chapter, gorgeously photographed by Craig Fraser, tempt those of us in the habit of opting for white linefish and prawns to try something meatier (yellowtail), oilier (sardines) or slurpier (mussels). A chart at the end of the book provides green alternatives to orange- and red-listed fish - both local and overseas varieties. There's a word on SASSI, a word on the MSC (Marine Stewardship Council) and a word on the state of our oceans. It's an adventure, switching to green fish. And it's the right thing to do.

rick stein curry recipe: *Cash and Curry* Chris Newens, 2017-03-31 2017 WINNER OF THE BODLEY HEAD | FINANCIAL TIMES ESSAY PRIZE In this quest across India during the recent cash crisis, Chris Newens follows in the footsteps of TV chef Rick Stein in search of divine truth and the perfect curry. Steeped in the smells and colours of south India, *Cash and Curry* is a brilliantly funny and intelligent journey of discovery that muses on the love of food, various incarnations of godliness, the power of belief and the true meaning of value.

rick stein curry recipe: *Rick Stein's Long Weekends* Rick Stein, 2016-10-06 To accompany the major BBC Two series, Rick Stein's Long Weekends is a mouthwatering collection of over 100 recipes from ten European cities. Rick's recipes are designed to cater for all your weekend meals. For a quick Friday night supper Icelandic breaded lamb chops will do the trick, and Huevos a la Flamenca makes a tasty Saturday brunch. Viennese Tafelspitz is perfect for Sunday lunch, and of course no weekend would be complete without Portuguese custard tarts or Berliner Doughnuts for an afternoon treat. Accompanied by beautiful photography of the food and locations, and complemented by his personal memories and travel tips for each city, Rick will inspire you to re-create the magic of a long weekend in your own home.

rick stein curry recipe: *Reuben at Home* Reuben Riffel, 2016-10-01 Reuben at Home offers readers a glimpse into the life and loves of Reuben Riffel when he's not cooking in restaurant kitchens, running successful restaurants or appearing in front of the TV cameras. This is a personal, honest account of how Reuben feels about food and the way in which he chooses to feed his family and friends in his own home. These recipes, all created by Reuben, were inspired by his memories of happy family meals and his favourite flavours from childhood. These are tastes he remembers from his past and which he now chooses to share with those he loves.

rick stein curry recipe: *The Book of Spice* John O'Connell, 2016-07-12 At once familiar and exotic, spices are rare things, comforting us in favorite dishes while evoking far-flung countries, Arabian souks, colonial conquests and vast fortunes. John O'Connell introduces us to spices and their unique properties, both medical and magical, alongside the fascinating histories behind both kitchen staples and esoteric luxuries. A tasty compendium of spices and a fascinating history and wide array of uses of the world's favorite flavors—*The Book of Spice: From Anise to Zedoary* reveals the amazing history of spices both familiar and esoteric. John O'Connell's erudite chapters combine history with insights into art, religion, medicine, science, and is richly seasoned with anecdotes and recipes. Discover why Cleopatra bathed in saffron and mare's milk, why wormwood-laced absinthe caused eighteenth century drinkers to hallucinate and how cloves harvested in remote Indonesian islands found their way into a kitchen in ancient Syria. Almost every kitchen contains a bottle of cloves or a stick of cinnamon, almost every dish a pinch of something, whether chili or cumin. The

Book of Spice is culinary history at its most appetizing.

rick stein curry recipe: Appetite Ed Balls, 2021-08-19 'Delightfully different' – Delia Smith Ed Balls was just three weeks old when he tried his first meal: pureed roast beef and Yorkshire pudding. While perhaps ill-advised by modern weaning standards, it worked for him in 1967, and from that moment on he was hooked on food. *Appetite* is a memoir with a twist: part autobiography, part cookbook, each chapter is a recipe that tells a story. Ed was taught to cook by his mother, and now he's passing these recipes on to his own children as they start to fly the nest. Sitting round the table year after year, the world around us may change, but great recipes last a lifetime. *Appetite* is a celebration of love, family, and really good food.

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rick stein curry recipe: *The WI Cookbook* Mary Gwynn, 2015-03-19 As the Women's Institute turns 100, this beautifully packaged book, curated by food journalist Mary Gwynn, brings together the 100 best loved members' recipes nationwide. Organised decade by decade, and setting each recipe in its historical and social context, it spans everything from jams and preserves to main courses, puddings and bakes. Nostalgic favourites like Toad in the Hole and Kedgeree feature alongside contemporary hits such as Lamb Pot Roast with Nettle Champ and Italian Lamb with Roasted Sweet Peppers. Here are recipes created during the war to make the most of limited supplies (like Stuffed Cod Steak and Apple and Fig Roll) and ideas to overcome the challenges of food rationing (like Elderberry and Apple Jelly and Corned Beef Hash) to current day recipes such as Venison Steaks with Quick Bearnaise Sauce and finally the WI's own signature cake: The Centenary Fruit Cake from North Yorkshire. Fully illustrated from the archives of the WI, alongside beautiful food photography, this gorgeous cookbook will prove a firm favourite with keen cooks of all ages.

rick stein curry recipe: **Food and the Self** Isabelle de Solier, 2013-10-10 We often hear that

selves are no longer formed through producing material things at work, but by consuming them in leisure, leading to 'meaningless' modern lives. This important book reveals the cultural shift to be more complex, demonstrating how people in postindustrial societies strive to form meaningful and moral selves through both the consumption and production of material culture in leisure. Focusing on the material culture of food, the book explores these theoretical questions through an ethnography of those individuals for whom food is central to their self: 'foodies'. It examines what foodies do, and why they do it, through an in-depth study of their lived experiences. The book uncovers how food offers a means of shaping the self not as a consumer but as an amateur who engages in both the production and consumption of material culture and adopts a professional approach which reveals the new moralities of productive leisure in self-formation. The chapters examine a variety of practices, from fine dining and shopping to cooking and blogging, and include rare data on how people use media such as cookbooks, food television, and digital food media in their everyday life. This book is ideal for students, scholars, and anyone interested in the meaning of food in modern life.

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