

Indian Mother Sauce

Makes 4 cups

Tangy and rich, this tomato-based sauce is a warming compliment to East Indian dishes.

Ingredients

2 Tbsp.	vegetable oil
3 ea.	sweet yellow onions, thinly sliced
1 ea.	bay leaf
1½ Tbsp.	whole cumin seeds
5 ea.	whole cardamom seeds
½ Tbsp.	cloves
½ Tbsp.	cumin
½ Tbsp.	coriander
½ tsp.	cayenne
½ tsp.	turmeric
½ Tbsp.	fresh ginger, peeled and grated
½ Tbsp.	garlic, minced
3 cups	tomato, chopped
½ cup	cilantro, chopped
	Coarse kosher salt, to taste

Method

Oven Temperature: 570-600 degrees

- Heat the oil in a large, deep sauté pan in the searing/sauté zone of the oven. Add the onions and move to just inside the door of the oven. Sauté slowly until golden brown and caramelized, about 15 minutes.
- Stir in all the dry ingredients, as well as the ginger and garlic, and incorporate well.
- Add the tomatoes and cook until the tomatoes begin to fall apart, approximately 10 minutes.
- Add the cilantro just before removing the sauce from the oven. Allow the flavors of the sauce to mature for a few minutes, and add salt as needed.



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