



## Curry. Six Bean

3/4 pint of stock or water  
1 chicken cube (Knorr)  
1 Vegetable cube (Knorr)  
1 onion (chopped)  
6 Cardamon pods  
One and a half inches of garlic paste  
One teaspoon of sugar  
3 teaspoons of mild curry powder  
1 teaspoon of coriander  
1 tea spoon of Cumin  
1 tea spoon of Garam massala  
1 tea spoon of turmeric powder  
Rounded tablespoon of Juvela flour mix  
350 gram packet of Epicure Rustic Six Bean Mix

Place all the ingredients EXCEPT the flour and beans in a large pan.  
Bring slowly to the boil, and simmer for 30 minutes.

Cool and beat in the flour, then heat to boiling stirring well for 30 minutes.

When ready to eat, add the beans, bring to the boil and simmer for 20 minutes. Serve with rice.

Long grain rice 10 minutes  
Brown rice 25 minutes



This recipe has been brought to you by The Cream Of Tartar Company Limited

Web site :- [Thecreamoftartarcompany.com](http://Thecreamoftartarcompany.com)

Thecreamoftartarcompany.co.uk  
Email:- Thecreamoftartarcoltd@hotmail.com  
Tel:- 07710958581