

Ranger Nick's

Pasanda Badam



1 kg diced meat
2 tbsps oil
4 tbsps natural yoghurt
2.5cm chopped ginger
6 cloves chopped garlic
3 large onions, sliced
2 chopped green chillies
225ml water
150ml cream

Cooking Method:

Place the ginger, garlic, chillies and yoghurt into a food processor and blend until smooth. Heat oil in your cook pot and brown onions. Add the packet of spices, mix through and cook for a minute. Add the meat, stir until coated well and fry until brown. Stir in yoghurt mix and water, bring to the boil and let it simmer for 1 hour. Add ground almonds and cream, let it simmer for 5 minutes to thicken the sauce. Take off the heat and serve with rice.

Blender
Cutting board
Sharp knife
Wooden spoon
Measuring spoons
Cook pot

NOTE: If you're out camping and do not have access to a blender, just chop those ingredients very finely. They will cook down.



A Pasanda is a curry from the north of India with a rich and creamy flavour. The taste is amazing!

This classic dish is mild, but offers a rich flavour sensation with a combination of various spices and will suit the majority of your friends and family.

Feel free to increase the heat by using hotter varieties of chilli.

Watch it on Youtube at <https://youtu.be/3OCmAIPYtJs>