

Turkey Jalfrezi

Hot

Serves 2

So you've eaten your Christmas dinner and there's a shed load of turkey left over. What to do with it? Curry it of course! Jalfrezi literally means "hot-fry" but is probably better translated as "stir-fry". The term jalfrezi entered the English language at the time of the British Raj in India. Colonial households employed Indian cooks who would use the jalfrezi method of cooking to heat up cold roasted meat and potatoes. So it is highly appropriate to make a jalfrezi out of leftover roast turkey.

The original jalfrezi was a dry dish but the restaurant version has a moderate amount of sauce. My jalfrezi is somewhere in between and has a coating sauce. What any jalfrezi has to have is chillies – lots of them – and I have included some strips of green pepper for added interest. If you want to reduce the number of chillies that's fine. Just replace some of the chilli halves with extra strips of green pepper.

I like to serve the jalfrezi with shop-bought nan bread, a dhal and a carrot and mustard seed salad (see [here](#) for recipe).

ingredients

250g – 300g cold roasted turkey cut into chunks – skin removed

½ a large green pepper

8 thin green chillies

1 medium/large onion

2 cloves garlic

1 × 2.5ml spoon of finely grated fresh ginger

1 × 5ml spoon peanut oil for frying the peppers

3 × 15ml spoons peanut oil for the jalfrezi

1 dried bay leaf

1½ × 5ml spoons ground cumin

1½ × 5ml spoons ground coriander

1 × 5ml spoon turmeric

water – see method

½ × 2.5ml spoon garam masala

4 grinds black peppercorns

1 × 2.5ml spoon concentrated tomato purée

1 × 5ml spoon lemon juice

1 × 2.5ml spoon sugar

salt to taste

1 × 15ml spoon finely chopped coriander leaf

more finely chopped coriander leaf to garnish

3 whole thin green chillies for decoration

method

If the cold turkey is in large pieces then cut it into decent sized chunks. Try not to use meat that has been thinly sliced or chunks that are quite small as the meat will break up more easily when you re-heat it.

Halve the large green pepper by cutting down through the stalk. Wrap the half you are not using in cling film and refrigerate to use another day. Cut the other half into 4 in the same direction as before. Remove any stalk, seeds and white pith. Slice across the lengths to make strips about 3mm wide.

Take the 8 thin green chillies. Cut off the stalks and slice in half lengthways. Remove the seeds and white pith from each of the halves with the tip of a sharp knife.

Trim and peel the onion and chop it reasonably finely.

Crush the garlic cloves in a garlic press and set aside.

Peel a piece of fresh root ginger. Grate the ginger, over a plate, using the cutting holes in the grater that are roughly 2mm across. Ease the soft tissue off the rough side of the grater with the stub of the ginger piece leaving behind all the fibrous bits. Use a knife to scrape the rest of the flesh off the back of the grater. Mix up the pulped flesh and juice, measure your 2.5ml spoonful and add it to the crushed garlic.

Pour 1 × 5ml spoon oil into a wok or a large frying pan and heat over a high heat. Add the green pepper strips and stir fry for about 2 minutes. Remove the pepper strips from the wok with a slotted spoon and set aside.

Pour 3 × 15ml spoons of peanut oil into a 20cm heavy bottomed pan and heat to medium-high.

While the pan and oil are heating measure out the ground cumin, ground coriander and turmeric and pile up the spices on a small plate.

When the pan is hot add the bay leaf, wait a few seconds then add the chopped onion. Stir fry the onion for 3 – 4 minutes so the pieces become translucent but not browned.

Reduce the heat to medium-low and add the garlic and ginger to the pan. Stir fry for about 1 minute. Add the ground cumin, coriander and turmeric and stir fry for another 1 minute.

Pour 3 × 15ml spoons cold water into the pan and stir thoroughly.

Now add the garam masala, black pepper, concentrated tomato purée, lemon juice, and sugar. Stir to mix.

Simmer the sauce for 10 minutes. If the sauce gets too dry add a little more water but only 1 × 15ml spoon at a time. Wait until the previous spoon of water has evaporated off and the sauce is starting to fry again before adding the next spoon. Remember this jalfrezi only has a coating sauce. If you want, you can add a spoon of oil instead of one of the spoons of water. The sauce will be all the richer for it although maybe too oily for some people.

Now take the back of a wooden spoon or use a potato masher and squash as many of the onion pieces as you can into a pulp. You don't have to squash every single one but the onion pulp does help to bind the sauce together at the end of the cooking.

Add the chilli halves to the sauce and simmer for 5 more minutes adding a little water if necessary.

Add the chunks of cold roast turkey and the finely chopped coriander leaf and, **with a metal spoon**, gently stir the ingredients together so the turkey pieces are covered with the sauce. Taste and add salt. Gently heat through the turkey carefully stirring from time to time with the metal spoon.

Serve the turkey jalfrezi in a warmed serving dish garnished with more coriander leaf and the whole chillies.

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