

David's Curry Sauce

2 T of coconut oil)
2 T of sesame oil)
1 C of onions finely chopped (optional)
1 C of yellow pepper finely chopped (optional)
1 T crushed red pepper flakes (omit for a milder taste)
3 to 4 T of curry powder (or to taste)
1 C vegetable stock or broth
12-14 oz. of canned coconut milk.
¼ C of fresh lime juice (or Santa Cruz organic lime juice)
¼ t of both sea salt and black pepper

If you use fresh onions, yellow peppers and chili peppers sauté these in the butter (coconut oil) then blend in curry powder. Put sautéed vegetables in a small saucepan and add stock, salt and pepper. Bring to a boil and whisk smooth then blend in coconut milk. Let mixture simmer until reduced by one-third to one-half in volume (or more) depending on the sauce density you want. This can take an hour or more. Remove from heat and blend in lime juice.

If you don't use vegetables, just start with the stock in a saucepan and add the oils and dry ingredients, including salt and pepper to the stock. From that point on do as described above.

Notes: Leave out the cup of stock, which gives a thicker sauce without simmering down. If you do this you can reduce the simmer to a short period just to blend ingredients well.

You can also make a quick and simple sauce by just blending coconut milk, curry powder, limejuice, salt and pepper.

If you refrigerate left over sauce, it will thicken to the consistency of jelly. A brief reheat in the microwave or in a small sauce pan with bring it back to the original consistency.