

Wartime Recipes

Curried Carrots

Ingredients:

Carrots

1 oz margarine or dripping

1 teaspoons curry powder

1 onion

3 teaspoons flour

Salt and pepper

Method

Trim carrots and boil in the usual way. Prepare sauce.

Melt fat in a saucepan, add chopped onion and fry for a few minutes. Add curry powder and flour and fry, stirring from time to time, for a few minutes longer. Stir in stock or water, and when boiling, season to taste. Simmer gently for about 30 minutes.

Add cooked carrots to curry sauce in saucepan and cook for about 20-30 minutes. Serve with a garnish of cooked rice.

(This recipe tasted better if you used potatoes as well as carrots)