

## **Dhallo Badun Recipe** (Fried Squid or Calamari Curry Recipe)

**Ingredients:** Serves 4-6

1 kg (2 lb) squid (calamari)  
2 medium onions, peeled and finely sliced  
4 cloves garlic, peeled and finely sliced  
2 teaspoons finely grated fresh ginger  
1 teaspoon ground turmeric  
1 teaspoon chili powder, optional  
2 tablespoons Ceylon curry powder  
½ teaspoon whole fenugreek seeds  
1 cinnamon stick  
1 stalk lemon grass or 2 strips lemon rind  
10 curry leaves  
3 tablespoons vinegar  
3 cups coconut milk  
1½ teaspoons ghee or oil for frying

**Method:**

Clean squid, removing ink sac and discarding head. Cut into rings. Put into a deep saucepan with all the ingredients except ghee. Bring to the boil, then simmer for about 1 hour or until squid is tender and the gravy reduced to a small quantity. Drain pieces of squid from the gravy and, in another pan, heat the ghee and fry the squid. Pour the gravy into the pan in which the squid are fried, simmer for a minute or two longer and serve with white rice and sambols.

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