



It's not often that I do this. But I've done a complete costing here and sourcing ? just to prove it can actually be done for £4. Please ignore the stuff in italics if you're not interested.

Ingredients:-

1 Turkey Drumstick (*The thigh and drumstick were on offer at Morrisons Foss Isle Road at £2.99 ? The thigh is probable over 1/3 of the weight in total so I'm saying £1 for cost*) - £1

1 Jar of Jalfrezi Curry sauce (*Morrisons again, it's within walking distance!*) - 75p

1 tin of Tomatoes ? 23p (*Morrisons or if you can get there Aldi on Fulford road they have them for 16p a tin*)

Basmati Rice 2 hands full (*At Supermarket prices that 's 1/5 of a bag at £1 bag ? At The Continental Shop on Hull Road you can buy 20Kg for £7.99, if you have storage and transport*) - 20p

2 clove of Garlic (*We use the Polish deli on Walmgate. A very large bulb is 50p. So I'm saying 5p*) ? 5p

Gram Flour (*100g Working on 69p at The Continental Shop on Hull Road for 1Kg ? let's say 7p*) - 7p

Baking powder ½ tsp (*Oh who knows?*) 10p

4 Bullet Chillies (*We got 500g from the Polish deli on Walmgate for 50p as they were close to date ? 3 Weeks ago!*) 1p

6 Small Onions (*Morrisons Wonky Veg 59p for 500g ? so let's say 15p?*) - 15p

Reasonable sprinkles of Ground Ginger, Garam Masala, Chilli Flakes, Paprika, Salt & Pepper (*We get these from Polish deli on Walmgate ? so say) 15p*

Pack of shop bought Poppadoms £1

Oil to fry ? say 10p

Total cost £4.82 ? We've frozen ½ of the Curry and have left-overs for tomorrow ? so I'd say we are under the £4 per day budget, technically.

Here's how we did it:-

- (1) Heat the oven to 160c.
- (2) Oil the Drumstick, sprinkle with Chilli flakes, Salt & Pepper.
- (3) Foil and place in the oven for at least 2 hours, until the meat is quite tender and pulling away from the bone at the thinner ends.
- (4) Take out and let rest.

Curry:-

- (1) Add 2 of the Onions, sliced, Tomatoes, a little ground Ginger, Garam Masala, Chilli Flakes, Paprika, Salt & Pepper to a large pan and simmer for 30 minutes.
- (2) Add the Curry Sauce (It's really up to you, we like Jalfrezi) and an equivalent amount of water. Stir well and let simmer and reduce while the Turkey leg cooks and then cools.

Onion Pickle:- (Optional)

Ingredients:-

A dash of oil

Dried mint

1 small Onion diced

1 red Bullet Chilli diced

White Wine Vinegar

Method:-

Just mix all the ingredients

Onion Bhajis:-

Ingredients:-

2 Onion finely chopped

100g Gram flour

½ tsp baking powder

½ tsp Chilli powder

Chopped Chillies (Please see above ? generally if they are small they WILL be hot!)

½ tsp Paprika

Method:-

(1) Mix all the ingredients into a batter in a bowl.

(2) Let rest.

Putting it all together:-

(1) Cut the cooled meat into reasonably lumps and remove the ?Quills? these are the hard connective tendons.

(2) Add the meat to the curry sauce and simmer.

(3) Boil your rice in salted water until it has increased in volume to double and is tender.

(4) Heat a frying pan with a enough oil for the Bhajis to float. Fry until golden brown on both sides.

(5) Drain the rice, make a bed, add the Curry and server with your Bhajis, Poppadoms and pickles if you like.

We made home made [Chutney](#) and [Lime Pickle](#) a while ago (Click for our recipes)