

Akhni Stock

This is part of my recent BIR (British Indian Restaurant) curry cookery revelation. It is a flavouring stock to be used in the making of BIR Base Gravy.

Planning

serves:	n/a
prep time:	5 mins
cooking time:	15 mins

Ingredients

700ml water
3 bay leaves
7 green cardamom pods,
cracked
4 whole cloves
2 tsp black mustard seeds
2 tsp fennel seeds
2 tsp coriander seeds
2 tsp cumin seeds
1 small cinnamon stick
1 small star anise (or half)

Method

Add all the dry ingredients to the water in a small saucepan and bring to a simmer. Simmer it for 15 minutes than strain off the liquid before discarding the residue.