

THE GOWITHTED COOKBOOK Full list of recipes

V	Vegetarian recipe
Ũ	Vegan recipe
Vf , Ũf	Vegetarian or vegan recipe, with a fish version mentioned in the text
Vm, Ũm	Vegetarian or vegan recipe, with a meat version mentioned in the text
Mv, MŨ	Meat recipe, with a vegetarian or vegan version mentioned in the text
Fv, FŨ	Fish recipe, with a vegetarian or vegan version mentioned in the text
VŨ	Vegetarian recipe, with a vegan version mentioned in the text
Ũv	Vegan recipe, with a vegetarian version mentioned in the text

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Tomato sauce		Ũ 17
Mojo sauce – red mojo – dipping sauce		Ũ 18
Mojo sauce – green mojo		Ũ 18
Mojo sauce – red mojo – thicker sauce		Ũ 19
Gremolata		Ũ 20
Pesto		V 21
Olive sauce	Amended in 2022	Ũ 22
Salsa verde		23
Salsa de Cabrales (Blue cheese sauce)	Added in 2022	V 24
Bravas sauce		V 25
Romesco (hot red sauce)		V 26
Instant curry paste		Ũ 27
Curry sauce		Ũ 28
'The Curry Guy' recipes -		
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(ii) Garlic and Ginger Paste	Amended in 2022	Ũ 32
(iii) Kashmiri Paste	Amended in 2022	Ũ 33
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Garam masala – spicy		Ũ 36
Garam masala – aromatic		Ũ 36
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