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Community Safety



Gloucestershire  
COUNTY COUNCIL  
**Fire and Rescue Service**  
"Working Together for a Safer Gloucestershire"

## Cooking Safety Tip **2**

Take care when cooking with oil -  
it sets alight easily.

If it starts to smoke it's too hot.

Turn off the heat and leave to cool.

### Chris's Singapore Curry

"This curry is so simple and can be made as hot as you like by increasing the amount of curry paste you use."

#### Ingredients

150g Mince  
25g brown sugar  
1/2 onion  
2 tea spoons Curry paste  
1 small tin peach slices  
Seasoning  
Cooking oil

#### Directions

1. Heat oil in frying pan
2. Add the onion and brown
3. Add the mince and brown
4. Add curry paste and water to cover mince, simmer until cooked.
5. Add sliced peaches with their juice and brown sugar.
6. Serve with rice.

#### DID YOU KNOW?

Last year\* in Gloucestershire 67% of kitchen fires were caused by cooking.

\* Apr 09 - Dec 09