Unbelievably mouth-watering dishes. Indian cuisine in the Australian Women's Weekly online Food page

October 2026

In September 1933 the new women's magazine the Australian Women's Weekly (the Weekly) published its first recipes for curry.[1]

> Curry Sauce
> 1 tablespoon flour, 1 tablespoon curry powder, 2 tablespoons melted butter, 2 cups of tomato juice or vegetable stock, 1 tablespoon chutney, 1 tablespoon lemon juice, salt, pepper, 1 tablespoon grated coconut, 1 chopped onion.
> Melt the butter in a saucepan, add the flour and curry powder, stir in well; add tomato juice. Stir until smooth. Then add chopped onion, chutney, salt, nutmeg, and pepper. Simmer for half an hour. Just before serving add the coconut (if the packet coconut, moisten a little with milk or water), and lemon juice.
>
> Delicious Veal Curry
> 2lb. lean veal, 1 tablespoon fat, 3 cups water. Cut the veal into one-inch pieces. Brown in the hot fat. Cover with three cups of water and simmer gently for one hour. Strain, add the meat to the curry sauce. Keep the stock for a soup. Serve the curried veal with some well-cooked rice.

In that same issue it also published a recipe for Curried Rabbit or Chicken, and for Curried Oysters.

Since then, the Weekly has published many recipes refining its understanding of curry.

It has broadened the scope of its coverage of Indian cuisine for example introducing Korma[2] and Kababs[3].

It has canvassed not using curry powder but individual spices instead. In 1961 the *Weekly* gave recipes 'for ambitious cooks who wish to make their own curry powder and paste'. [4]

Its first instance of using chilli was in 1958.[5]

It has also given methods for cooking rice.[6]

Arguably, the Weekly has in the past been at the forefront of bringing Indian cuisine to the Australian kitchen.

In this article I want to look at how the Weekly presents Indian cuisine in 2026.

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[1] These Curries are Delicious and Economical, Australian Women's Weekly 9 September 1933 p.35
[2] Chicken Korma, *AWW* 1968 p.13
[3] Kebab Recipe wins $10, AWW 23 February 1966 p.53
[4] Curry Cooking Course Lesson 21 *AWW* 2 August 1961 p.36
[5] Special Curry Sauce, *AWW* 19 February 1958 p.45
[6] Rice - how to cook and use it, Indian Curry and Rice, *AWW* 1 May 1968 p.3

As of October 2026, the Weekly magazine has a readership of 1,206,546 and a digital audience of 632,447.[7] In this article I focus on the digital audience. On line sites like the Weekly's Food Page have an immediacy and, hopefully, currency well above that of the magazine.

I found 127 Indian dishes online in October 2026. I looked at 50 of them.

The tag line for Indian recipes is 'Take a trip to India with these unbelievably mouth-watering dishes. We've delved deep into the world of warming spices and earthy flavours to find some truly gorgeous recipes, and many of these dishes will be ready and on the table before a takeaway could even arrive'.

Types of dishes

Eleven out of the 50 used the generic term 'curry' - Lamb, kumara and almond curry, Chickpea, paneer and vegetable curry, Beef curry pie. There were recipes for other styles of Indian dishes - Tandoori chicken skewers, Lamb kheema, Slow cooker chicken tikka masala, Spinach dhal, Chicken koftas with fig and seed pilaf, Cauliflower, pea and paneer balti, Butter chicken, Biryani and Chickpea, Spinach and paneer rogan josh. Two bore a regional name - Goan fish curry with low-carb cauliflower rice and Kashmiri lamb skewers. One bore the name of a city - Slow-cooker lamb Madras. There were recipes for three flat breads- naan, roti, dosa. Two recipes were for pastries - Spiced paneer and eggplant pakora, and Potato samosas.

Seven were cross-cuisine dishes - Indian-style gnocchi with green veg masala, Indian rice salad, Indian-spiced red lentil and pumpkin soup, Indian vegetable fritters, Vegetable curry omelette rolls, Curried pumpkin crepes and Red curry chicken risotto.

There is a recipe for the Anglo-Indian Pearl couscous 'kedgeree'. There are recipes for three chutneys – Coriander, Mango, and Coconut. There is a recipe for Tomato Sambal. There is a recipe for Cucumber raita. There is a recipe for one dessert - Pistachio, honey and cardamom kulfi. There is a recipe for Chai - Indian spiced tea. There is one for Lassi – a yoghurt-based drink - Coconut, mango and lime lassi. There is a recipe for How to make preserved lemons. I don't deal with these recipes further in this article.

Main Ingredient

The Weekly has recipes for 13 chicken, 5 beef, and 6 lamb for a total of 24 for meat. There are two fish. There is one recipe for fish and two for prawns.

Twenty-six of the recipes are for vegetable dishes. Of these four are vegan friendly - Red dhal curry with coconut chutney, Indian vegetable curry, Spinach dhal and Vegetable korma. The ingredients that make the difference being yoghurt – Vegetarian chickpea & lentil curry with chutney yoghurt, and the Indian cheese paneer – Palak paneer. Vegetables used are common also to non-Indian dishes: onion, tomatoes, chickpeas, potato, spinach, kumara, cauliflower, cabbage, pumpkin, peas, cucumber, broccoli, capsicum, and cauliflower.

Rice

Tips on how to cook rice are published with a note that if using stove tops, the absorption method is best.[8]

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[7] ARE Media

[8] 58 curry recipes to spice up dinner time

Spices

Recipes in the Weekly use a range of spices:
Cumin, fresh ginger, turmeric, mustard seed, cinnamon, coriander, garlic, cardamom, cloves, kalonji, garam masala (an often-used spice mix) fresh coriander leaves and fresh curry leaves. Of these cumin, garlic and ginger are the most often used.

Just three call for curry powder.

Five call for pastes: Tika masala, Rogan josh, Tandoor, Korma, Madras.

The two recipes below show how spices are used in dishes, one with minimal spicing the other more complex. I am not however a fan of using olive oil for South Asian cooking generally.

Broccoli and paneer saag curry
2 tablespoons extra virgin olive oil
400 g paneer cheese, cut into 2cm pieces
2 large heads broccoli (800g), cut into florets
1 medium onion (150g), chopped finely
1 bunch coriander (cilantro), leaves reserved, stems and roots chopped finely
2 tablespoons grated fresh ginger
2 teaspoons garam masala
400 g can diced tomatoes
2½ cups (625ml) vegetable stock
1 bunch English spinach (300g), washed, leaves picked
300 g sugar snap peas, trimmed
2 tablespoons lemon juice

Slow cooker lamb keema
1 tablespoon olive oil
1 medium brown onion (150g), chopped finely
2 cloves garlic, crushed
600 grams minced (ground) lamb
1 tablespoon finely grated fresh ginger
2 fresh long green chillies, sliced thinly
2 teaspoons garam masala
2 teaspoons ground coriander
1 teaspoon ground turmeric
1 teaspoon cumin seeds
2 tablespoons plain flour
800 canned diced tomatoes
½ cup (60g) frozen peas, thawed
1 tablespoon lemon juice
½ cup finely chopped fresh coriander
½ cup (140g) Greek-style yoghurt
¼ cup (20g) flaked almonds, toasted
2 tablespoons thinly sliced preserved lemon rind

Availability of spices

As early as 1968 South Asian cookery book authors have assured the domestic cook of the availability of spices listed as ingredients in their recipes. Doris Ady, for example, wrote:

> All are available in gourmet food stores throughout the larger cities, as well as in some of the bigger country towns[9].

The Weekly site doesn't discuss availability. However, the dry spices given as ingredients on the site are readily available from the many South Asian groceries across Australia. They are also stocked by the supermarket duopoly Coles and Woolworths, other major supermarket players like Aldi and from shops in the Independent Grocery Association (IGA). The fresh spices like ginger and coriander are found in most Asian groceries.

Chilli

Chilli is used in 26 recipes - green chilli, red chilli, chilli powder, chilli flakes, and dried chilli.

Limes

Some recipes call for lime for flavouring - Yellow chicken curry, Roasted cauliflower and chickpea coconut curry.

Kitchen utensils

All the recipes call for common kitchen utensils – frying pans, saucepans, baking dishes, food processor, blender, slow cookers, ovens and microwaves.

Discussion

The recipes online continue to explore Indian food as the Weekly has done since 1936. There are 127 recipes covering the more common styles in Australia and introducing new dishes based on the common ingredients and spices. All call for common cooking utensils.

There are several other online sites of Indian recipes. How does the Weekly compare with them? I looked at the first 50 Indian recipes from three sites - Good Food Guide, Coles and Woolworths. I looked at the range of dishes, the proportion of meat to vegetable, and the spicing. All three have fewer dishes than the Weekly designated as 'curry'. Like the Weekly named dishes include Rogan Josh, Kheema, Vindaloo, Tikka, Biryani, Kofta, Dhal, and Butter. Like the Weekly all three have many more dishes for meats than for vegetables. But all are more likely to have vegan dishes. Like the Weekly the three call for individual spices more than they call for curry powder. A few recipes on the three sites call for pastes. There are few ascribed to a region – Gujarat, Goa, Bengal, Kerala, Andhra. Three have recipe ascribed to a city – Delhi, Madras, Bombay. Two of the sites have recipes for Indian breads. There are fewer recipes generally calling for chilli.

So, except for the difference in using the term 'curry' and the number of vegan dishes the Weekly stands up well as a site to find recipes for Indian dishes and is better in some ways.

[9] Ady, Doris Curries from the Sultan's Kitchen, A. H. & A. W. Reed 1968 p.11