

# The Curry Cookbook

232 Recipes

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# Adriel's Chinese Curry Chicken

## Ingredients

1 tablespoon yellow curry paste  
1/2 cup chicken broth, divided  
1 teaspoon white sugar  
1 1/2 teaspoons curry powder  
1/2 teaspoon salt  
4 1/2 teaspoons light soy sauce  
1 (5.6 ounce) can coconut milk

1 tablespoon canola oil  
3 skinless, boneless chicken breast halves, sliced  
2 teaspoons minced garlic  
1 teaspoon minced fresh ginger  
1 onion, sliced  
2 potatoes - peeled, halved, and sliced

## Directions

In a bowl, mash the yellow curry paste with about 2 tablespoons of chicken broth to help dissolve the paste; whisk in remaining chicken broth, sugar, curry powder, salt, light soy sauce, and coconut milk. Set aside.

Heat a wok or large skillet over high heat for about 30 seconds; pour in the oil. Let the oil heat until shimmering, about 30 more seconds. Stir the chicken, garlic, and ginger into the hot oil; cook and stir until the chicken has begun to brown and the garlic and ginger are fragrant, about 2 minutes. Stir in the onion and potatoes, toss all ingredients in the hot oil, and pour in the sauce mixture. Bring the sauce to a boil, reduce heat, and cover the wok. Simmer until the chicken is cooked through and the potatoes are tender, 20 to 25 minutes.

# Curry Coleslaw

## Ingredients

1 head cabbage, cored and shredded  
2 bunches green onions, chopped  
1 (16 ounce) package frozen green peas  
1 cup dry roasted peanuts  
1 cup sour cream  
1 cup mayonnaise  
1/4 cup white vinegar  
2 tablespoons curry powder  
1/2 teaspoon ground ginger  
1 teaspoon ground cayenne pepper

## Directions

In a large bowl, mix the cabbage, green onions, peas, and peanuts.  
In a separate bowl, mix the sour cream, mayonnaise, vinegar, curry powder, ginger, and cayenne pepper. Toss with the slaw to coat. Cover and refrigerate until serving.

# Fruited Tofu Curry Salad

## Ingredients

1/2 cup white rice  
2 cups extra-firm tofu, drained and cubed  
1 cup yogurt  
2 tablespoons lime juice  
1 tablespoon curry powder  
1 cup halved grapes  
1 tablespoon dried cranberries  
1/2 cup diced celery  
3 tablespoons diced green onions  
1/4 cup walnuts  
salt and pepper to taste

## Directions

In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes; set aside.

Bring a large pot of water to a boil. Cook cubed tofu for 3 minutes; drain, and set aside to cool.

In a bowl, blend yogurt with lime juice and curry powder; set aside. In a large mixing bowl, toss together halved grapes, cranberries, celery, green onions, walnuts, rice, and tofu. Drizzle with curry dressing, and toss until well coated. Season to taste with salt and pepper, as desired.

# Fruity Curry Chicken Salad

## Ingredients

4 skinless, boneless chicken breast halves - cooked and diced  
1 stalk celery, diced  
4 green onions, chopped  
1 Golden Delicious apple - peeled, cored and diced  
1/3 cup golden raisins  
1/3 cup seedless green grapes, halved  
1/2 cup chopped toasted pecans  
1/8 teaspoon ground black pepper  
1/2 teaspoon curry powder  
3/4 cup light mayonnaise

## Directions

In a large bowl combine the chicken, celery, onion, apple, raisins, grapes, pecans, pepper, curry powder and mayonnaise. Mix all together. Serve!

# Northern Thai Curry with Chicken and Peanuts

## Ingredients

3 large, dried red chile peppers  
1/2 teaspoon cumin  
1/2 teaspoon turmeric powder  
1/2 teaspoon coriander seed  
1/2 teaspoon ground mace  
2 tablespoons peeled and chopped galangal  
2 tablespoons thinly sliced lemon grass  
1 teaspoon salt  
1 shallot, chopped  
2 cloves garlic, chopped  
2 teaspoons fermented shrimp paste  
1 tablespoon peeled and chopped fresh turmeric root  
2 tablespoons fish sauce  
3 tablespoons palm sugar

2/3 pound skinless, boneless chicken breast, cut into cubes

2 tablespoons vegetable oil  
2 cups water  
1/2 cup roasted peanuts  
1 (2 inch) piece fresh ginger, peeled and julienned  
2 tablespoons tamarind juice  
2 tablespoons roasted peanuts

## Directions

Place the chili peppers in a bowl; pour enough water over the chili peppers to cover. Allow the peppers to soak until softened, about 10 minutes; drain. Chop the peppers and set aside.

Grind the cumin, turmeric, coriander, and mace using a mortar and pestle into a fine powder. Add the galangal, lemon grass, salt, shallot, garlic, shrimp paste, fresh turmeric, and reconstituted chile peppers and grind into a paste. Stir the fish sauce and palm sugar into the paste. Transfer to a large bowl.

Add the chicken to the paste and toss to coat the chicken evenly; allow to marinate for at least 20 minutes, or up to 24 hours in the refrigerator.

Heat the oil in a large skillet over medium heat; cook the chicken until no longer pink in the center and the juices run clear, 5 to 7 minutes. Stir the water, 1/2 cup peanuts, ginger, and tamarind juice into the chicken, bring to a simmer, and cook until thickened, 20 to 30 minutes. You can also cook this at a lower temperature for up to 2 hours. Garnish with 2 tablespoons peanuts to serve.

# Mixed Seafood Curry

## Ingredients

2 tablespoons vegetable oil  
1 tablespoon minced fresh ginger root  
1 tablespoon minced garlic  
1 medium onion, halved and sliced  
1 tablespoon curry paste, to taste  
3 tablespoons lime juice  
1 tablespoon brown sugar  
1 (14 ounce) can light coconut milk  
12 medium shrimp, peeled (tails left on) and deveined  
12 sea scallops, halved  
6 ounces asparagus, cut into 2-inch pieces  
2 tablespoons chopped cilantro  
salt to taste

## Directions

Heat the oil in a large pan over medium-high heat. Cook the ginger, garlic, and onion until the onion softens, about 2 to 3 minutes. Stir in the curry paste, lime juice, brown sugar, and coconut milk; simmer for 5 minutes. Stir in the shrimp, scallops, asparagus, cilantro, and salt; cook until the seafood is opaque, 4 to 5 minutes.

# Chicken with Curry Dill Sauce

## Ingredients

2 tablespoons butter or margarine  
2 tablespoons all-purpose flour  
1/8 teaspoon salt  
Dash pepper  
1 cup milk  
1/4 cup mayonnaise  
1/2 teaspoon dill weed  
1/4 teaspoon curry powder  
6 bone-in chicken breast halves  
1 tablespoon vegetable oil

## Directions

In a saucepan over medium heat, melt butter. Add the flour, salt and pepper; stir until smooth. Gradually add milk and bring to a boil. Boil and stir for 2 minutes. Remove from the heat. Add the mayonnaise, dill and curry; stir until smooth. Set aside. In a skillet over medium heat, brown chicken in oil. Place in a greased shallow 3-qt. baking dish. Pour sauce over chicken. Bake, uncovered, at 350 degrees F for 50-60 minutes or until meat juices run clear.

# Curry Carrot-Leek Soup

## Ingredients

1 pound thinly sliced leeks, white parts only  
1 pound carrots, coarsely chopped  
2 teaspoons butter or stick margarine  
1 medium potato, peeled and diced  
1/2 teaspoon curry powder  
4 cups reduced-sodium chicken broth  
1/4 teaspoon salt  
1/4 teaspoon pepper

## Directions

In a large saucepan, saute leeks and carrots in butter until leeks are tender. Add potato and curry powder; cook and stir for 2 minutes. Add broth, salt and pepper; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until the vegetables are very tender. Cool slightly. Process in batches in a food processor or blender until pureed. Return to the pan; heat through.

# Curry Cheddar Scrambled Eggs

## Ingredients

1/4 teaspoon curry powder  
Salt and pepper, to taste  
2 large eggs, beaten  
2 tablespoons shredded Cheddar cheese  
1/2 teaspoon margarine or butter

## Directions

Sprinkle the curry powder, salt and pepper onto the beaten eggs; beat together until well blended. Stir in the Cheddar cheese.

Melt the margarine in a skillet over medium heat. Pour in the eggs, and cook, stirring constantly until firmed to desired temperature, 3 to 5 minutes.

# Curry Mango Chicken

## Ingredients

### Chicken:

3 1/2 tablespoons curry powder  
2 teaspoons minced ginger  
2 cloves garlic, minced  
1 pinch crushed red pepper flakes  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 teaspoon thyme  
10 skinless chicken thighs

### Rice:

2 cups converted long-grain white rice, rinsed  
2 cups mango - peeled, seeded and chopped  
1 onion, chopped  
2 cloves crushed garlic  
2 teaspoons minced fresh ginger root  
1 tablespoon curry powder  
1 pinch red pepper flakes  
1 teaspoon salt  
1/4 teaspoon thyme  
10 whole allspice berries  
3 tablespoons brown sugar  
1 cup water  
2 cups chicken broth  
2 tablespoons lime juice  
1/2 (14 ounce) can coconut milk

## Directions

In a large bowl, stir together the curry, ginger, garlic, red pepper flakes, salt, pepper, and thyme. Place the chicken in the bowl, and coat evenly with seasoning. Cover, and marinate for 2 hours or more.

Preheat oven to 400 degrees F (200 degrees C).

In a large bowl, stir together rice, mango, onion, garlic, and ginger. Season with curry, red pepper flakes, salt, thyme, allspice berries, and brown sugar. Stir in water, broth, and lime juice. Pour into a casserole dish, and arrange the marinated chicken on top. Then pour coconut milk over the top. Cover with aluminum foil.

Bake in preheated oven for 1 hour. Remove foil, and cook 10 to 15 minutes more. Remove allspice berries before serving.

# Chicken Chicken Curry

## Ingredients

3 tablespoons olive oil  
1 red onion, thinly sliced, divided  
salt to taste  
1 bay leaf  
1 tablespoon water  
1 tablespoon ground turmeric  
1/2 teaspoon chili powder  
1/2 teaspoon paprika  
2 tablespoons ground ginger  
2 tablespoons minced garlic  
1 tablespoon water  
2 1/4 pounds skinless, boneless chicken breast, cut in bite-sized pieces  
1 tomato, thinly sliced  
1/4 teaspoon white sugar  
3 cardamom pods, lightly crushed  
3 whole cloves  
1 (2 inch) cinnamon stick  
1 tablespoon ghee (clarified butter)  
1 tablespoon water  
1 tablespoon ground coriander  
1 bunch cilantro, chopped

## Directions

Heat the olive oil in a skillet over high heat. Stir in 1/3 of the onion; cook and stir until the onion is golden brown and crisp, about 5 minutes. Season with salt. Remove the onion from the oil and drain on a paper towel-lined plate. Set aside.

Place the remaining 2/3 of onion and the bay leaf into the same skillet over high heat. Cook and stir until the onion has turned golden brown, about 5 minutes. Stir in 1 tablespoon of water, then add the turmeric, chili powder, paprika, ginger, and garlic. Reduce heat to medium-high and continue to cook and stir until the liquid has reduced, then stir in another tablespoon of water.

Place the chicken and tomato slices into the onion mixture. Season with salt and sugar. Stir in the cardamom pods, cloves, cinnamon stick, ghee, and 1 tablespoon of water. Cover and simmer on low until the liquid has reduced, 30 to 35 minutes. Stir in the coriander. Simmer until the liquid has evaporated. Sprinkle with cilantro and reserved fried onions before serving.

# Olive and Chicken Curry Crepes

## Ingredients

### CREPES

- 1 1/2 cups all-purpose flour
- 2 1/2 cups milk
- 3 eggs, beaten
- 2 tablespoons vegetable oil
- 1/2 teaspoon salt

### FILLING

- 1/4 cup butter
- 1 1/4 cups diced celery
- 1 cup diced onion
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 3/4 teaspoon curry powder
- 1 cup milk
- 2 cubes chicken bouillon
- 1/2 cup warm water
- 3/4 cup sliced black olives
- 2 1/2 cups cooked, diced chicken breast meat
- 1/4 cup freshly grated Parmesan cheese

## Directions

To Make Crepes: In a medium bowl combine the flour, milk, eggs, oil and salt and beat together for 1 minute, until you have a smooth, thin batter.

Heat a lightly greased medium skillet over medium heat, pouring in a thin layer of crepe batter that covers bottom of pan. Brown on one side only, repeating until all of the batter is used. Set crepes aside.

To Make Filling: Melt butter in a large skillet over medium heat and saute celery and onion until just barely tender. Stir in flour, salt and curry, blending well. Dissolve bouillon in water, then pour milk and bouillon mixture into skillet, stirring until well mixed and thickened. Add olives and chicken and mix all together.

Preheat oven to 400 degrees F (200 degrees C).

Spoon some of the filling mixture onto the center of each crepe, leaving enough room to fold edges burrito-style. Fold up crepes and place in a lightly greased 9x13 inch baking dish. Sprinkle with cheese.

Bake in preheated oven for about 12 minutes, or until cheese is melted.

# Special Beef Rendang Curry

## Ingredients

- 1 pound beef round, diced
- 2 tablespoons cooking oil
- 3/4 cup dried shrimp, minced
- 1 clove garlic, minced
- 1 tablespoon chopped lemon grass
- 2 onions, chopped
- 1 3/4 cups coconut milk
- 1/2 cup red curry paste, or to taste
- 3 tablespoons turmeric powder
- 1 fresh red chile pepper, finely chopped (optional)
- 1 bunch fresh cilantro, chopped

## Directions

This first step is to soften the beef. Place the beef in a medium saucepan, and add enough water to cover the meat. Cover, and simmer over low heat for at least an hour. Remove the beef from water, and set aside.

Heat the oil in a wok over medium-high heat. Add in the garlic and dried shrimp, and stir fry for a few seconds before stirring in the lemon grass and onions. Reduce heat to medium, and stir in coconut milk, red curry paste, turmeric, and chile pepper. Mix in the beef, and cover the wok. Simmer for 10 minutes over medium heat.

Stir in the cilantro just before serving. Save some cilantro for garnishing on top if you like.

# Curry-Strawberry Chicken

## Ingredients

1 1/2 cups Russian salad dressing  
2 tablespoons curry powder  
3 tablespoons dry onion soup mix  
1/4 cup strawberry jam  
4 skinless, boneless chicken  
breast half - cut into bite-size  
pieces

## Directions

Mix salad dressing, curry powder, onion soup mix, and strawberry jam in a large bowl until smooth. Place chicken breast into a 9x13 inch baking dish and pour the dressing mixture on top. Cover and refrigerate overnight, or at least 1 hour before baking.

Preheat an oven to 375 degrees F (190 degrees C).

Uncover the baking dish. Bake the chicken breasts in the preheated oven until no longer pink in the center, 20 to 25 minutes.

# Lamb Madras Curry

## Ingredients

### Curry Paste

- 1 1/2 tablespoons coriander seeds
- 1 1/2 teaspoons cumin seeds
- 1/2 teaspoon salt
- 5 whole dried red chile peppers
- 6 fresh curry leaves
- 3 tablespoons garlic paste
- 2 teaspoons ginger paste
  
- 1 1/2 teaspoons ground turmeric
- 2 1/4 pounds lamb meat, cut into 1 1/2 inch cubes
- 1/2 cup ghee (clarified butter), melted
- 1/4 cup vegetable oil
- 4 onion, sliced 1/4 inch thick
- 1 (13.5 ounce) can coconut milk
- 2 cups water, divided
- 1 teaspoon fennel seeds
- 6 cardamom pods
- 1 cinnamon stick
- 1 1/2 teaspoons garam masala
- 1 teaspoon sugar
- 3 tablespoons warm water
- 1 tablespoon tamarind paste

## Directions

Toast the coriander seeds over medium-low heat until they begin to turn brown and pop. Repeat the toasting process with the cumin seeds, then with the dried red peppers. Transfer each ingredient to a food processor or spice grinder as you finish. Add the salt and grind to a fine powder. Mix with the garlic and ginger to form a thick paste.

Sprinkle the turmeric over the lamb, stirring lightly to coat. Toast the fennel seeds as above and set aside. Heat a Dutch oven over medium heat with the ghee and vegetable oil; cook the onions until golden brown, about 10 minutes. Stir in your curry paste and fry for 1 minute. Stir in the meat and fry for 1 minute more. Pour in 2/3 of the can of coconut milk and 1 cup of water; bring to a boil, then reduce the heat to low. Simmer for 10 minutes.

Stir in the remaining coconut milk and 1 cup of water, along with the cardamom pods, cinnamon stick, and toasted fennel seeds. Cover with the lid ajar and return to a simmer, cook for about 1 1/2 hours until the lamb is tender. Stir occasionally and thin with water if the sauce becomes too thick while cooking.

When the lamb is tender, stir in garam masala, sugar, and the tamarind paste dissolved in 3 tablespoons of water; cook 5 minutes longer, or until the sauce thickens. Remove the cinnamon stick and cardamom pods before serving.

# Red Lentil Curry

## Ingredients

- 2 cups red lentils
- 1 large onion, diced
- 1 tablespoon vegetable oil
- 2 tablespoons curry paste
- 1 tablespoon curry powder
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1 teaspoon white sugar
- 1 teaspoon minced garlic
- 1 teaspoon ginger root, minced
- 1 (14.25 ounce) can tomato puree

## Directions

Wash the lentils in cold water until the water runs clear (this is very important or the lentils will get "scummy"), put the lentils in a pot with water to cover and simmer covered until lentils tender (add more water if necessary).

While the lentils are cooking: In a large skillet or saucepan, caramelize the onions in vegetable oil.

While the onions are cooking, combine the curry paste, curry powder, turmeric, cumin, chili powder, salt, sugar, garlic, and ginger in a mixing bowl. Mix well. When the onions are cooked, add the curry mixture to the onions and cook over a high heat stirring constantly for 1 to 2 minutes.

Stir in the tomato puree and reduce heat, allow the curry base to simmer until the lentils are ready.

When the lentils are tender drain them briefly (they should have absorbed most of the water but you don't want the curry to be too sloppy). Mix the curry base into the lentils and serve immediately.

# Cinnamon-Curry Tuna Salad

## Ingredients

2 (6 ounce) cans water packed tuna, drained and flaked  
2 teaspoons mayonnaise  
1 teaspoon Dijon mustard  
1 tablespoon sweet pickle relish  
2 teaspoons lemon juice  
1 1/2 teaspoons ground cinnamon  
1 teaspoon curry powder  
1 teaspoon ground black pepper  
salt to taste

## Directions

In a bowl, mix the tuna, mayonnaise, mustard, relish, lemon juice, cinnamon, curry powder, pepper, and salt. Cover, and refrigerate until ready to serve.

# Devil Curry

## Ingredients

3 tablespoons vegetable oil  
2 tablespoons water, or as needed  
6 red onions, chopped  
25 chile peppers, sun-dried  
7 candlenuts  
1 shrimp paste  
1 teaspoon ground turmeric  
1 teaspoon ground ginger  
1 teaspoon ground allspice  
3 lemon grass  
1 tablespoon mustard seed  
2 cups water  
2 1/4 pounds skinless, boneless chicken breast meat - cut into bite-size pieces  
2 1/4 pounds potatoes  
salt to taste  
1 tablespoon distilled white vinegar

## Directions

Heat oil in a large skillet over medium high heat. In a medium bowl combine the onions, chile peppers, candlenuts, shrimp paste, turmeric, ginger, galangal, lemon grass and mustard seed. Blend together with a little water to form a fine paste. Add to skillet and saute until fragrant and almost dry.

Add 2 cups water and bring all to a boil. Add chicken and potatoes. Reduce heat and let simmer about 20 minutes, or until chicken is cooked (no longer pink inside) and curry is quite thick in consistency.

Add salt to taste. Remove from heat and add vinegar. Mix well and serve. This dish is best served with steamed white rice, as it is full of flavor.

# Quorn<sup>®</sup> and Chickpea Curry

## Ingredients

2 tablespoons vegetable oil  
1 (12 ounce) package Quorn<sup>®</sup> Chicken-Style Recipe Tenders  
1 medium onion, chopped  
3 cloves garlic, crushed  
1/2 teaspoon cumin seed  
1/2 teaspoon black mustard seed  
1 teaspoon ground turmeric  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon chili powder  
1 teaspoon salt  
2 teaspoons tomato puree  
1 (8 ounce) can chickpeas (garbanzo beans), drained  
1 (14 ounce) can diced tomatoes  
1 cup vegetable broth  
1 teaspoon garam masala

## Directions

Heat 1 tablespoon oil in a large skillet or wok over medium-high heat. Cook Quorn in oil until golden brown. Set aside.

Using the same pan, heat remaining 1 tablespoon oil over medium heat. Cook onion, garlic, cumin seed, and mustard seed in oil for 3 to 5 minutes, or until the onion is soft.

Season with ground turmeric, cumin, and coriander, chili powder, and salt. Mix in tomato puree, then stir in Quorn, chickpeas, diced tomatoes, and vegetable stock. Bring to a boil, reduce heat to medium-low, and simmer for 20 to 25 minutes. Remove from heat, and mix in garam masala.

# North Indian Nepali Curry Dumplings

## Ingredients

2 tablespoons olive oil  
1 clove garlic, chopped  
1 onion, sliced  
1 tomato, diced  
salt and black pepper to taste  
1 pinch cayenne pepper, or to taste  
1 tablespoon chopped fresh cilantro

1 pound ground pork  
1 bunch cilantro, chopped  
1 onion, chopped  
1 bunch green onions, chopped  
1 tablespoon garam masala  
1 teaspoon curry powder  
2 cloves garlic, chopped  
1 teaspoon ginger paste  
salt and black pepper to taste  
2 (10 ounce) packages round dumpling wrappers

## Directions

To make the dipping sauce, heat the olive oil in a skillet over medium heat. Stir in 1 clove of garlic and the chopped onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the tomato, salt, pepper, and cayenne pepper. Cover and reduce heat to low and continue cooking for 15 minutes. Remove from heat and stir in 1 tablespoon cilantro. Pour sauce into a blender and carefully blend until smooth. Cover and refrigerate until ready to use.

Combine the ground pork, 1 bunch of cilantro, chopped onion, green onions, garam masala, curry powder, 2 cloves of garlic, ginger paste, salt, and pepper in a large bowl. Place a heaping teaspoon of the pork mixture in the center of a dumpling wrapper. Moisten the edge of the wrapper with a few drops of water. Fold the dumpling in half into a half moon shape. Repeat with the remaining dumplings.

Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat. Add the dumplings, recover, and steam until cooked through, about 15 minutes. Serve with the dipping sauce.

# Coconut Curry Tofu

## Ingredients

2 bunches green onions  
1 (14 ounce) can light coconut milk  
1/4 cup soy sauce, divided  
1/2 teaspoon brown sugar  
1 1/2 teaspoons curry powder  
1 teaspoon minced fresh ginger  
2 teaspoons chile paste  
1 pound firm tofu, cut into 3/4 inch cubes  
4 roma (plum) tomatoes, chopped  
1 yellow bell pepper, thinly sliced  
4 ounces fresh mushrooms, chopped  
1/4 cup chopped fresh basil  
4 cups chopped bok choy  
salt to taste

## Directions

Remove white parts of green onions, and finely chop. Chop greens into 2 inch pieces.

In a large heavy skillet over medium heat, mix coconut milk, 3 tablespoons soy sauce, brown sugar, curry powder, ginger, and chile paste. Bring to a boil.

Stir tofu, tomatoes, yellow pepper, mushrooms, and finely chopped green onions into the skillet. Cover, and cook 5 minutes, stirring occasionally. Mix in basil and bok choy. Season with salt and remaining soy sauce. Continue cooking 5 minutes, or until vegetables are tender but crisp. Garnish with remaining green onion.

# Spinach Chick Pea Curry

## Ingredients

1 tablespoon vegetable oil  
1 onion, chopped  
1 (14.75 ounce) can creamed corn  
1 tablespoon curry paste  
salt to taste  
ground black pepper to taste  
1/2 teaspoon garlic powder, or to taste  
1 (15 ounce) can garbanzo beans, drained and rinsed  
1 (12 ounce) package firm tofu, cubed  
1 bunch fresh spinach, stems removed  
1 teaspoon dried basil or to taste

## Directions

In a large wok or skillet heat oil over medium heat; saute onions until translucent. Stir in creamed corn and curry paste. Cook, stirring regularly, for 5 minutes. As you stir, add salt, pepper and garlic.

Stir in garbanzo beans and gently fold in tofu. Add spinach and cover. When spinach is tender, remove from heat and stir in basil.

# Tomato Curry Chicken

## Ingredients

4 skinless, boneless chicken breast halves  
2 tablespoons butter  
1 onion, chopped  
2/3 cup beer  
1 (10.75 ounce) can condensed tomato soup  
1 teaspoon curry powder  
1/2 teaspoon dried basil  
1/2 teaspoon ground black pepper  
1/4 cup grated Parmesan cheese

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken in a 9x13 inch baking dish. Melt butter in a medium skillet over medium heat. Saute onion, then stir in beer, soup, curry powder, basil and pepper. Reduce heat to low and simmer for about 10 minutes, then pour over chicken.

Bake at 350 degrees F (175 degrees C) for 1 hour; sprinkle with cheese for last 10 minutes of baking.

# Chicken Curry Party Salad

## Ingredients

1 cube chicken bouillon  
9 ounces skinless, boneless chicken breasts  
9 ounces fresh mushrooms, sliced  
1 (8 ounce) package elbow macaroni  
1/2 cup sour cream  
1/2 cup mayonnaise  
1 clove garlic, chopped  
1 teaspoon curry powder  
1 (4 ounce) can black olives, drained and chopped  
1 apple - peeled, cored and sliced  
1 yellow bell pepper, thinly sliced  
2 stalks celery, chopped  
salt and pepper to taste

## Directions

Bring a large pot of lightly salted water to a boil; add bouillon cube and stir until melted. Add chicken and poach for about 13 to 14 minutes. Remove chicken and leave broth in pot; cool chicken and cut into 1/2 inch chunks; reserve.

Add mushrooms to broth and cook over medium heat; cook for a few minutes and remove mushrooms from stock; reserve.

With remaining stock in pot, add some more water, if needed. Bring water to a boil and add pasta to cook for 8 to 10 minutes or until al dente; drain and discard stock. Cool pasta with running water; reserve.

In a small bowl, combine sour cream, mayonnaise, garlic, curry powder and salt and pepper to taste.

In a large bowl, combine cooled pasta, chicken, mushrooms, sour cream dressing, olives, apple, yellow bell pepper and celery; mix well. Refrigerate for at least 3 hours and serve.

# Coconut Curry Pumpkin Soup

## Ingredients

- 1/4 cup coconut oil
- 1 cup chopped onions
- 1 clove garlic, minced
- 3 cups vegetable broth
- 1 teaspoon curry powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground coriander
- 1/4 teaspoon crushed red pepper flakes
- 1 (15 ounce) can 100% pure pumpkin
- 1 cup light coconut milk

## Directions

Heat the coconut oil in a deep pot over medium-high heat. Stir in the onions and garlic; cook until the onions are translucent, about 5 minutes. Mix in the vegetable broth, curry powder, salt, coriander, and red pepper flakes. Cook and stir until the mixture comes to a gentle boil, about 10 minutes. Cover, and boil 15 to 20 minutes more, stirring occasionally. Whisk in the pumpkin and coconut milk, and cook another 5 minutes.

Pour the soup into a blender, filling only half way and working in batches if necessary; process until smooth. Return to a pot, and reheat briefly over medium heat before serving.

# Four Seasons Chicken Curry

## Ingredients

3 tablespoons vegetable oil  
1 medium onion, chopped  
3 cloves garlic, sliced  
1 (1 inch) piece fresh ginger root, grated  
1 (1 inch) piece stick cinnamon  
3 bay leaves  
1 tablespoon brown sugar  
1 teaspoon coriander seeds  
1 teaspoon fenugreek seeds  
6 whole cloves  
6 whole cardamom pods  
1 teaspoon crushed red pepper flakes  
10 whole black peppercorns  
2 pounds skinless, boneless chicken breast halves - diced  
3 tablespoons curry powder  
1 1/2 cups water, or as needed  
1 tablespoon lemon juice  
salt and pepper to taste  
1/2 cup light cream

## Directions

Heat the oil in a wok over medium heat, and cook the onion until lightly browned. Mix in garlic, ginger, cinnamon, bay leaves, brown sugar, coriander, fenugreek, cloves, cardamom, red pepper, and peppercorns. Cook and stir about 3 minutes. Place chicken in the wok, and cook until lightly browned. Mix in curry powder. Pour in water, and bring to a boil. Reduce heat to low, cover, and simmer 30 minutes. Add more water as necessary to keep chicken covered.

Mix in lemon juice, season with salt and pepper, and continue cooking at least 15 minutes. Stir in cream and remove cinnamon stick and bay leaves before serving.

# Vietnamese Lemon Grass Chicken Curry

## Ingredients

2 tablespoons vegetable oil  
1 lemon grass, minced  
1 (3 pound) whole chicken, cut into pieces  
2/3 cup water  
1 tablespoon fish sauce  
1 1/2 tablespoons curry powder  
1 tablespoon cornstarch  
1 tablespoon chopped cilantro (optional)

## Directions

Heat the vegetable oil in a skillet over medium heat. Stir in the lemon grass, cooking until fragrant, 3 to 5 minutes. Place the chicken into the skillet. Cook and stir the chicken until no longer pink in the center and the skin is browned, about 10 minutes. Stir in the water, fish sauce, and curry powder. Increase heat to high and bring to a boil. Reduce heat and simmer for 10 to 15 minutes.

Mix cornstarch and 2 tablespoons of the curry sauce in a small bowl, until smooth. Stir cornstarch mixture into the skillet and simmer until sauce has thickened, about 5 minutes. Garnish with cilantro before serving.

# Authentic Bangladeshi Beef Curry

## Ingredients

3 tablespoons olive oil  
1 onion, chopped  
6 cloves garlic, minced  
5 green chile peppers, finely sliced  
1 teaspoon fresh ginger root -  
peeled, sliced, and ground into a  
paste  
3 cardamom pods  
2 whole cloves  
1 1/2 cinnamon sticks  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon ground turmeric  
1 teaspoon garlic powder  
1 teaspoon cayenne pepper  
1 cup water  
2 pounds boneless beef chuck,  
cut into 1-1/2-inch pieces

## Directions

Heat the oil in a skillet over medium heat. Add the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more.

Stir in the garlic, green chiles, ginger paste, cardamom pods, cloves, and cinnamon sticks. Cook and stir for an additional 3 to 5 minutes, until the garlic begins to brown.

Stir the cumin, coriander, turmeric, garlic powder, cayenne pepper, and water into the onions. Simmer until most of the water has evaporated and the mixture has thickened.

Stir in the beef chuck and cook on medium-low heat, stirring occasionally, until the meat is cooked through and tender, about 1 to 1 1/2 hours.

# Slow Cooker Marmalade Curry Chicken

## Ingredients

5 (6 ounce) boneless skinless chicken breasts  
salt and pepper, to taste  
1 (12 ounce) jar orange marmalade  
1/2 cup chicken stock  
1 1/2 teaspoons curry powder  
1/2 teaspoon ground cayenne pepper  
1 pinch ground ginger

## Directions

Season the chicken breasts with salt and pepper, and place into a slow cooker. Whisk together the marmalade, chicken stock, curry powder, cayenne pepper, and ground ginger in a bowl. Pour over chicken breasts.

Cover, and cook on High for 3 to 4 hours, or on Low for 5 to 7 hours. Make sure to flip over the chicken breasts once during cooking.

# Thai Green Curry Prawns

## Ingredients

1/2 teaspoon ground cumin  
1 1/2 teaspoons ground coriander  
1 tablespoon minced fresh ginger root  
4 teaspoons minced garlic  
2 green chile peppers, chopped  
3 stalks lemon grass, minced  
1/3 cup chopped fresh cilantro  
2 limes, juiced  
1 lime, zested  
2 tablespoons corn oil

1/4 cup corn oil  
1/2 pound fresh green beans, trimmed  
1 (7 ounce) can baby corn, drained  
1 tablespoon soy sauce  
1 (14 ounce) can coconut milk  
3/4 pound peeled and deveined medium shrimp (30-40 per pound)

## Directions

Place cumin, coriander, ginger, garlic, green chile peppers, lemon grass, cilantro, lime juice, lime zest, and 2 tablespoons of corn oil in a food processor. Blend to a smooth, thick paste. Set aside.

Heat 1/4 cup of corn oil in a large skillet over medium-high heat. Cook and stir green beans and baby corn for about 30 seconds. Stir in the paste, soy sauce, and coconut milk and bring to a boil. Reduce heat to medium and simmer for 5 to 7 minutes, then add the shrimp. Cook the shrimp until they are bright pink on the outside and the meat is no longer transparent in the center, 3 to 5 minutes. If the sauce becomes too thick, stir in some water.

# Slow-Cooker Pork and Apple Curry

## Ingredients

2 pounds boneless pork loin roast, cut into 1-inch cubes  
1 medium tart apple, peeled and chopped  
1 small onion, chopped  
1/2 cup orange juice  
1 tablespoon curry powder  
1 teaspoon chicken bouillon granules  
1 garlic clove, minced  
1/2 teaspoon salt  
1/2 teaspoon ground ginger  
1/4 teaspoon ground cinnamon  
2 tablespoons cornstarch  
2 tablespoons cold water  
Hot cooked rice  
1/4 cup raisins  
1/4 cup flaked coconut, toasted

## Directions

In a 3-qt. slow cooker, combine the first 10 ingredients. Cover and cook on low for 5-6 hours or until meat is tender. Increase heat to high. In a small bowl, combine cornstarch and water until smooth; stir into slow cooker. Cover and cook for 30 minutes or until thickened, stirring once. Serve over rice if desired. Sprinkle with raisins and coconut.

# Prawns Curry

## Ingredients

1/2 cup rice flour  
1/2 teaspoon ground turmeric  
salt to taste  
1 pound peeled and deveined prawns  
3 tablespoons cooking oil  
1 teaspoon cumin seeds  
2 large onions, sliced thin  
2 green chile peppers, halved lengthwise  
1 tablespoon ginger-garlic paste  
3 cups pureed tomato  
1/2 teaspoon Kashmiri red chili powder  
1/2 teaspoon garam masala  
1/2 teaspoon ground cumin  
1/4 cup heavy cream (optional)  
1/4 cup chopped fresh cilantro

## Directions

Stir the rice flour, turmeric, and salt together in a bowl; add the prawns and turn in the flour mixture to evenly coat.

Heat 3 tablespoons oil in a large skillet over medium heat; fry the cumin seeds in the hot oil until they splutter. Add the onions, green chile peppers, and ginger-garlic paste; cook until the onions are browned, about 5 minutes. Stir the pureed tomato, Kashmiri red chili powder, garam masala, and ground cumin into the mixture. Season with salt and continue cooking until the gravy thickens and the oil is released, 10 to 15 minutes. Pour the cream into the skillet and stir; lie the prawns into the mixture and continue cooking until the prawns are cooked through, 3 to 5 minutes more. Garnish with the cilantro to serve.

# Curry Chicken Salad

## Ingredients

3 cooked skinless, boneless  
chicken breast halves, chopped  
3 stalks celery, chopped  
1/2 cup low-fat mayonnaise  
2 teaspoons curry powder

## Directions

In a medium bowl, stir together the chicken, celery, mayonnaise, and curry powder.

# Mad's Peach-Curry Soup

## Ingredients

5 tablespoons olive oil  
2 tablespoons Madras curry powder  
1 large onion, minced  
3 cloves garlic, minced  
1 (15 ounce) can sliced peaches in syrup, chopped  
1 (14.5 ounce) can chopped plum tomatoes  
1 teaspoon ground ginger  
1 cup cream  
1 cup vegetable broth  
salt and black pepper to taste  
2 cups lettuce, chopped  
2 cups shelled, cooked shrimp

## Directions

Heat the oil in a large saucepan over medium heat; stir in the curry and cook 1 minute. Add the onion and garlic; cook 8 to 10 minutes, or until the onion becomes transparent. Stir in the peaches, including their syrup, with the tomatoes, ginger, cream, broth, salt, and pepper. Simmer over low heat for 45 minutes. Serve hot, topped with shrimp and lettuce.

# Easy Chickpea Curry

## Ingredients

- 1 tablespoon butter
- 1 onion, chopped
- 3 cloves garlic, minced
- 3 teaspoons curry powder
- 2 teaspoons garam masala
- 1/2 teaspoon ground paprika
- 1/2 teaspoon white sugar
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 (15 ounce) can garbanzo beans, drained
- 2 potatoes, chopped
- 1 (14 ounce) can coconut milk
- 1 tomato, chopped
- 1/3 cup milk
- 2 tablespoons ketchup
- 2 tablespoons sour cream
- 2 cubes chicken bouillon
- 1/4 cup ground almonds, or as needed

## Directions

Melt the butter over medium heat in a large saucepan. Cook and stir the onion and garlic in the melted butter for about 5 minutes, until onion is translucent. Sprinkle in curry powder, garam masala, paprika, sugar, ginger, turmeric, salt, and pepper. Continue to cook and stir 3 to 4 more minutes, until spices are lightly toasted.

Mix in the garbanzo beans, potatoes, coconut milk, tomato, milk, ketchup, sour cream, and bouillon cubes. Simmer the curry over medium-low heat for about 25 minutes, until the potatoes are tender. Stir in ground almonds to thicken.

# Vegetarian Bean Curry

## Ingredients

2 tablespoons olive oil  
1 large white onion, chopped  
1/2 cup dry lentils  
2 cloves garlic, minced  
3 tablespoons curry powder  
1 teaspoon ground cumin  
1 pinch cayenne pepper  
1 (28 ounce) can crushed tomatoes  
1 (15 ounce) can garbanzo beans, drained and rinsed  
1 (8 ounce) can kidney beans, drained and rinsed  
1/2 cup raisins  
salt and pepper to taste

## Directions

Heat the oil in a large pot over medium heat, and cook the onion until tender. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with salt and pepper. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

# Vegetarian Chickpea Curry with Turnips

## Ingredients

2 tablespoons olive oil  
1/2 onion, diced  
2 cloves garlic, minced  
1 tablespoon ground cumin  
2 tablespoons curry powder  
1 (15 ounce) can garbanzo beans (chickpeas), undrained  
1/2 red bell pepper, diced  
1/2 turnip, peeled and diced  
1 cup corn kernels  
1/2 (15 ounce) can tomato sauce  
1 pinch crushed red pepper flakes (optional)  
1 pinch salt  
1 pinch cracked black pepper

## Directions

Heat the olive oil in a large saucepan over medium heat. Stir in the onion, garlic, cumin, and curry powder; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the garbanzo beans, red bell pepper, turnip, corn, and tomato sauce. Season with red pepper flakes, salt, and black pepper. Bring to a simmer over medium-high heat, then reduce heat to medium-low, cover, and simmer until the vegetables are tender and the curry has thickened, 1 1/2 to 2 hours.

# Spinach-And-Berries Salad With Non-Fat Curry

## Ingredients

6 ounces fresh spinach, torn in bite-sized pieces  
1 cup thickly sliced strawberries  
1 cup blueberries  
1 small red onion, thinly sliced, pulled into rings  
1/2 cup chopped pecans  
Non-Fat Curry Dressing  
2 tablespoons balsamic vinegar  
2 tablespoons rice vinegar  
4 teaspoons honey  
1 teaspoon curry powder  
2 teaspoons Dijon mustard  
Salt, pepper to taste

## Directions

Wash and dry spinach. Whip together dressing. Add to spinach and toss lightly. Add berries, onion and pecans. Toss lightly.

# Spicy Dry Fried Curry Chicken

## Ingredients

- 1 (2 to 3 pound) whole chicken
- 1/2 teaspoon ground turmeric
- 1 tablespoon ground coriander
- 2 teaspoons black pepper
- 1 1/2 tablespoons chili powder
- 1 1/2 teaspoons salt
- 3 tablespoons vegetable oil
- 1 teaspoon mustard seeds
- 1 teaspoon fenugreek seeds
- 1 large onion, sliced
- 1 1/2 teaspoons cumin seeds
- 3 leaves fresh curry
- 2 teaspoons ginger paste
- 1 teaspoon garlic paste
- 2 cups water
- 1 cup coconut milk
- 2 tablespoons fresh lime juice

## Directions

Clean, and cut chicken into 12 to 14 pieces. Place chicken in a large bowl, and season with turmeric powder, coriander powder, black pepper, chili powder, and salt. Cover bowl, and refrigerate for 1 hour.

Heat oil in a large pan over medium heat. Fry mustard seeds, fenugreek, onion, cumin seeds, and curry leaves in oil for about 3 to 4 minutes. Stir in garlic and ginger pastes, and cook for another 2 minutes. Add chicken and water, stir, and cover with lid. Cook for 20 to 25 minutes.

Stir in coconut milk, and cook until almost dry. Stir to keep the chicken from sticking to the bottom of the pan. Stir in lime juice, and cook until dry.

# Rajma (Kidney Bean Curry)

## Ingredients

- 2 cups dry red kidney beans
- 1 large onion, chopped
- 4 cloves garlic, chopped
- 1 (2 inch) piece fresh ginger root, chopped
- 2 tablespoons vegetable oil
- 2 teaspoons ghee (clarified butter)
- 2 dried red chile peppers, broken into pieces
- 1 teaspoon cumin seeds
- 6 whole cloves
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 tomatoes, chopped
- 2 cups water
- 1 teaspoon white sugar
- salt to taste
- 2 teaspoons garam masala
- 1 teaspoon ground red pepper
- 1/4 cup cilantro leaves, chopped

## Directions

Place the kidney beans into a large container and cover with several inches of cool water; let stand 8 hours or overnight. Drain and rinse.

Grind the onion, ginger, and garlic into a paste using a mortar and pestle.

Heat the oil and ghee together in a pressure cooker over medium heat. Fry the red chile peppers, cumin seeds, and whole cloves in the hot oil until the cumin seeds begin to splutter; stir the onion paste into the mixture and cook, stirring frequently, until golden brown. Season with the ground turmeric, ground cumin, and ground coriander; continue cooking for a few more seconds before adding the tomatoes. Cook until the tomatoes are completely tender.

Add the drained kidney beans to the pressure cooker with enough water to cover; pour the 2 cups water additionally to the cooker. Add the sugar and salt. Close the pressure cooker and bring to 15 pounds of pressure; cook about 40 minutes. Lower the heat to low and cook another 10 to 15 minutes. Release the pressure and open the cooker. Stir the garam masala and ground red pepper into the bean mixture; garnish with chopped cilantro to serve.

# Sweet Lamb Curry

## Ingredients

3 tablespoons all-purpose flour  
salt and black pepper to taste  
3 1/2 pounds cubed lamb stew  
meat

6 tablespoons butter, divided  
2 large onion, chopped  
2 tablespoons brown sugar  
3 tablespoons curry powder  
1 large Granny Smith apple -  
peeled, cored, and cubed  
1 cup chicken stock  
1/2 cup raisins  
1 tablespoon lemon juice

## Directions

Place the flour in a plastic bag; season to taste with salt and pepper. Add the lamb, and shake until evenly coated with flour. Melt half of the butter in a large pot over medium-high heat. Cook the lamb in batches until golden brown on all sides, about 5 minutes per batch; set aside.

Reduce heat to medium and add the remaining butter. Stir in the onions, and cook until the onions have softened and turned translucent, about 5 minutes. Stir in the brown sugar, curry powder, apples, chicken stock, raisins, and browned lamb. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer until the lamb is very tender, 1 to 1 1/2 hours. Stir in the lemon juice and cook 2 minutes before serving.

# Spinach Salad with Curry Vinaigrette

## Ingredients

1/4 pound slab bacon  
1 tablespoon curry powder  
3 tablespoons red wine vinegar  
1 tablespoon prepared Dijon-style mustard  
9 tablespoons vegetable oil  
salt and pepper to taste  
12 cups flat leaf spinach - rinsed, dried and stems removed  
12 fresh mushrooms, sliced

## Directions

Trim the rind from the bacon and cut into 1 inch cubes. Place bacon in a large, deep skillet. Cook over medium high heat until brown and crispy. Cover and reduce heat to lowest setting to keep bacon warm.

In a small, dry skillet, toast curry powder over medium heat, stirring often, until fragrant, about 30 seconds. Remove from heat.

In a medium bowl, whisk together the vinegar and mustard. Add oil in a thin stream, whisking constantly, until the oil is completely incorporated. Add curry powder and whisk until smooth. Season to taste with salt and pepper.

In a large bowl, toss together the bacon, spinach, mushrooms and vinaigrette until evenly coated. Adjust salt and pepper to taste and serve immediately.

# Curry Meat Loaf

## Ingredients

2 eggs  
1/2 cup soft bread crumbs  
1 envelope Italian salad dressing mix  
1 1/2 pounds lean ground beef  
2 cups crushed seasoned stuffing  
1/2 cup finely chopped celery  
1/2 cup mayonnaise  
1/2 cup boiling water  
1 teaspoon curry powder  
1/2 cup apricot preserves

## Directions

In a bowl, combine the first three ingredients. Crumble beef over the mixture and mix well. On a large piece of heavy-duty foil, pat beef mixture into a 10-in. x 8-in. rectangle. Combine the stuffing mix, celery, mayonnaise, water and curry powder; spoon down center of rectangle. Bring long sides over stuffing mixture, peeling foil away while folding. Seal edge and ends. Place seam side down in a greased 13-in. x 9-in. x 2-in. baking pan.

Bake, uncovered, at 350 degrees F for 45 minutes. Meanwhile, in a small saucepan, heat preserves; stir to break up pieces of fruit. Spread over the meat loaf. Bake 10-15 minutes longer or until meat is no longer pink and a meat thermometer reads 160 degrees F.

# German Currywurst

## Ingredients

3 (15 ounce) cans tomato sauce  
1 pound kielbasa  
2 tablespoons chili sauce  
1/2 teaspoon onion salt  
1 tablespoon white sugar  
1 teaspoon ground black pepper  
1 pinch paprika  
Curry powder to taste

## Directions

Preheat oven to Broil/Grill.

Pour tomato sauce into a large saucepan, then stir in the chili sauce, onion salt, sugar and pepper. Let simmer over medium heat, occasionally stirring; bring to a gentle boil and reduce heat to low. Simmer another 5 minutes.

Meanwhile, broil/grill kielbasa sausage for 3 to 4 minutes each side, or until cooked through. Slice into pieces 1/4 inch to 1/2 inch thick.

Pour tomato sauce mixture over sausage, then sprinkle all with paprika and curry powder and serve.

# Rob's Lamb Curry Pie

## Ingredients

### Filling:

3 tablespoons olive oil  
3 cloves garlic  
1 (3/4 inch thick) slice fresh ginger root, coarsely chopped  
1 tablespoon red curry paste  
1/2 cup fresh cilantro leaves  
1/2 teaspoon ground cumin  
1/2 teaspoon ground turmeric  
1/2 teaspoon cayenne pepper  
1/4 teaspoon ground cinnamon  
3 red onions, chopped  
1 eggplant, chopped  
3/4 cup chopped celery  
1 large red bell pepper, chopped  
3 cups diced leftover roast lamb

### Sauce:

1 1/2 cups milk  
3 tablespoons butter  
1/2 cup sweet white wine  
3 tablespoons all-purpose flour  
salt to taste

### Crust:

1 cup all-purpose flour  
1/2 teaspoon salt  
1 tablespoon curry powder  
6 tablespoons shortening  
3 tablespoons cold water, or as needed

## Directions

Preheat an oven to 375 degrees F (190 degrees C). Grease a large pie plate or baking dish.

Place olive oil, garlic, ginger, curry paste, cilantro, cumin, turmeric, cayenne pepper, and cinnamon into the work bowl of a food processor, and process into a paste. Place the curry paste into a large mixing bowl, and stir with red onions, eggplant, celery, and red bell pepper to coat all the vegetables with curry mixture. Turn the vegetables into a large skillet over medium heat, and cook and stir until the vegetables are tender, about 7 minutes. Stir in the cooked lamb, and cook and stir until the lamb is hot and coated with spice mixture, 2 to 3 more minutes. Turn off the heat under the skillet.

Heat milk, butter, and wine in a saucepan over medium heat until the mixture is hot but not boiling, and the butter is melted. Whisk 3 tablespoons of flour into the hot milk mixture, and cook, whisking constantly, until the sauce has thickened. Turn the heat under the skillet of lamb and vegetables to medium, and cook and stir until hot, about 2 minutes; pour the sauce into the lamb and vegetables, and stir to combine. Season to taste with salt, and pour the hot filling into the prepared pie plate.

To make crust, mix together 1 cup flour, 1/2 teaspoon of salt, and curry powder in a bowl until thoroughly combined. Cut in the shortening with a pastry cutter until the mixture resembles coarse crumbs. Sprinkle with water, and stir gently until the dough just comes together. Form into a rough ball, place on a floured work surface, and roll out into a crust to fit the pie dish. Lay the crust over the dish and lamb filling, crimp it to the dish with a fork, and cut several slits in the top of the crust.

Bake in the preheated oven until the crust is golden brown and the filling is hot, about 35 minutes. Let cool 7 to 10 minutes before serving.

# Thai Shrimp Curry

## Ingredients

1 tablespoon vegetable oil  
1/2 pound large shrimp, peeled  
and deveined  
2 cups frozen stir-fry vegetables,  
thawed  
4 teaspoons cornstarch  
1 1/2 cups COLLEGE INN®  
Culinary Broth, Thai Coconut  
Curry  
1/4 teaspoon red pepper flakes

### Optional Garnishes:

Cilantro  
Fresh basil

## Directions

Heat oil in large skillet. Add shrimp; stir-fry 2 minutes.

Add vegetables; stir-fry 2 minutes.

Dissolve cornstarch in broth; add red pepper flakes. Add to skillet. Cook, stirring, until thickened. Serve over noodles or rice and garnish with fresh basil and cilantro, if desired.

# Chicken Coconut Curry

## Ingredients

6 bone-in chicken breast halves, skinless  
3 medium carrots, chopped  
3 stalks celery, chopped  
2 medium onions, chopped  
2 tablespoons ground curry powder  
2 tablespoons all-purpose flour  
1 tablespoon hot water  
1 (10 ounce) can coconut milk  
1/2 cup raisins  
1/2 cup apples - peeled, cored and shredded

## Directions

In a large skillet over medium heat, evenly brown the chicken breast halves. Mix in carrots, celery, and onions. Cook and stir until vegetables are tender.

In a small bowl, mix the curry powder and flour with hot water. Blend in coconut milk, forming a thick paste.

Mix curry powder paste, remaining coconut milk, raisins, and apple into the skillet. Thoroughly coat chicken with the mixture. Cover, and reduce heat. Simmer 30 to 45 minutes, until chicken is no longer pink and juices run clear.

# Chicken Chutney Sandwiches with Curry

## Ingredients

1 roasted chicken, bones and skin removed, meat shredded  
3/4 cup cranberry and apple chutney  
1/4 cup whipped cream cheese  
2 teaspoons curry powder  
6 croissants, split

## Directions

Stir together the chicken, chutney, cream cheese, and curry powder. Spread onto the split croissants and serve.

# Chickpea Curry

## Ingredients

2 tablespoons vegetable oil  
2 onions, minced  
2 cloves garlic, minced  
2 teaspoons fresh ginger root,  
finely chopped  
6 whole cloves  
2 (2 inch) sticks cinnamon,  
crushed  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
salt  
1 teaspoon cayenne pepper  
1 teaspoon ground turmeric  
2 (15 ounce) cans garbanzo beans  
1 cup chopped fresh cilantro

## Directions

Heat oil in a large frying pan over medium heat, and fry onions until tender.

Stir in garlic, ginger, cloves, cinnamon, cumin, coriander, salt, cayenne, and turmeric. Cook for 1 minute over medium heat, stirring constantly. Mix in garbanzo beans and their liquid. Continue to cook and stir until all ingredients are well blended and heated through. Remove from heat. Stir in cilantro just before serving, reserving 1 tablespoon for garnish.

# Butter Chickpea Curry

## Ingredients

4 medium potatoes, cubed  
2 tablespoons canola oil  
1 medium yellow onion, diced  
1 teaspoon minced garlic  
2 teaspoons curry powder  
2 teaspoons garam masala  
1 teaspoon ground ginger  
1 teaspoon cumin  
1 teaspoon salt  
1 (10.75 ounce) can condensed tomato soup  
1/2 cup cream or milk  
1 (12 ounce) can chickpeas, rinsed and drained

## Directions

Place potatoes in a saucepan, cover with water, and bring to a boil over high heat; simmer until the potatoes are tender. Drain, and set aside.

Warm oil in a skillet over medium heat. Stir in onion and garlic, and cook until the onions are soft and translucent. Stir in curry powder, garam masala, ginger, cumin, and salt. Cook for 1 or 2 minutes, stirring. Pour in soup, cream, and chickpeas. Stir in potatoes. Simmer 5 minutes.

# Fragrant Chicken Curry

## Ingredients

2 tablespoons curry powder  
1 teaspoon ground ginger  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground cloves  
1/4 teaspoon cayenne pepper  
2 tablespoons vegetable oil  
1 large onion, halved and thinly sliced  
3 garlic cloves, minced  
1 rotisserie chicken, skinned and boned, meat pulled into large chunks  
1 (13.5 ounce) can light coconut milk  
1 (14.5 ounce) can diced tomatoes  
1 (14.5 ounce) can chicken broth  
To serve:  
Cooked basmati rice  
chopped fresh cilantro  
mango chutney

## Directions

Mix spices in small bowl. Heat oil in a Dutch oven or small soup kettle over medium-high heat; add onion and saute until golden, 8 to 10 minutes.

Add garlic; saute until fragrant, about 30 seconds. Add spices; toast until fragrant, 30 seconds to 1 minute. Add chicken; stir until completely coated with spices. Add coconut milk, tomatoes and broth. Bring to a simmer; cook uncovered until flavors blend and stew is thick, about 20 minutes.

Remove from heat, sprinkle with cilantro and serve over rice. Pass chutney separately.

# Delightful Indian Coconut Vegetarian Curry in the

## Ingredients

5 russet potatoes, peeled and cut into 1-inch cubes  
1/4 cup curry powder  
2 tablespoons flour  
1 tablespoon chili powder  
1/2 teaspoon red pepper flakes  
1/2 teaspoon cayenne pepper  
1 large green bell pepper, cut into strips  
1 large red bell pepper, cut into strips  
1 (1 ounce) package dry onion soup mix (such as Lipton®)  
1 (14 ounce) can coconut cream water, as needed  
1 1/2 cups matchstick-cut carrots  
1 cup green peas (optional)  
1/4 cup chopped fresh cilantro

## Directions

Place the potatoes into the bottom of a slow cooker.

Mix the curry powder, flour, chili powder, red pepper flakes, and cayenne pepper together in a small bowl; sprinkle over the potatoes. Stir the potatoes to coat evenly. Add the red bell pepper, green bell pepper, onion soup mix, and coconut milk; stir to combine.

Cover the slow cooker and cook on Low until the mixture is bubbling, adding water as needed to keep moist, 3 to 4 hours. Add the carrots to the mixture and cook another 30 minutes. Stir the peas into the mixture and cook until the vegetables are tender to your liking, about 30 minutes. Garnish individual portions with cilantro to serve.

# Thai Red Chicken Curry

## Ingredients

2 teaspoons olive oil  
1 pound skinless, boneless  
chicken breast halves - cut into  
thin strips  
1 tablespoon Thai red curry paste  
1 cup sliced halved zucchini  
1 red bell pepper, seeded and  
sliced into strips  
1/2 cup sliced carrots  
1 onion, quartered then halved  
1 tablespoon cornstarch  
1 (14 ounce) can light coconut  
milk  
2 tablespoons chopped fresh  
cilantro

## Directions

Heat the oil in a large skillet over medium-high heat. Add the chicken pieces; cook and stir for about 3 minutes. Mix in the curry paste, zucchini, bell pepper, carrot and onion. Cook and stir for a few minutes.

Dissolve the cornstarch in the coconut milk, then pour into the skillet. Bring to a boil, then simmer over medium heat for 1 minutes. Right before serving, stir in the cilantro.

# Curry Chipotle Satay

## Ingredients

1/4 cup soy sauce  
2 tablespoons white vinegar  
2 tablespoons peanut oil  
1 tablespoon chipotle chile powder  
1/2 tablespoon red curry powder  
3/4 teaspoon sea salt  
1 pound lean beef sirloin tip, sliced into 1/8 inch strips  
1 cup peanut satay sauce (such as A Taste of Thai's, Peanut Satay Sauce)

## Directions

In a medium bowl, whisk together the soy sauce, vinegar, peanut oil, chipotle chile powder, red curry powder and sea salt. Add the meat to the mixture and toss to coat. Cover and refrigerate for at least 30 minutes to marinate.

Preheat your oven's broiler. Thread the meat onto skewers. Pour any leftover sauce into a small saucepan or microwave safe dish. Bring the sauce to a boil, and cook for a few minutes.

Broil the skewers, turning frequently, for about 10 minutes, or until meat reaches your desired degree of doneness. Baste frequently with the sauce. Serve with Thai peanut sauce for dipping.

# Kai Kang Dang (Chicken Curry with Coconut Milk)

## Ingredients

1/2 cup coconut milk  
1 tablespoon red curry paste  
1 pound skinless, boneless chicken breast, cut in bite-sized pieces  
2 cups coconut milk  
3 tablespoons fish sauce  
1 tablespoon brown sugar  
3/4 cup bamboo shoots, drained  
2 cups frozen mixed vegetables, thawed  
1/2 red bell pepper, sliced  
1/2 orange bell pepper, sliced  
3/4 cup fresh Thai basil leaves  
2 tablespoons fresh lime juice

## Directions

Bring 1/2 cup coconut milk to a boil in a heavy saucepan. Whisk in the curry paste and cook until fragrant, about 5 minutes. Add the chicken and cook until browned, about 5 minutes. Stir in the 2 cups coconut milk, fish sauce, sugar, vegetables, bamboo shoots, and basil; simmer until the chicken is cooked through, about 15 minutes. Pour the lime juice over the dish and remove from heat. Serve warm.

# Roasted Tomato Curry Soup

## Ingredients

1 (14 ounce) can diced tomatoes, drained and juice reserved  
1/4 cup extra virgin olive oil  
salt and black pepper to taste  
2 tablespoons butter  
2 large pinches saffron  
1 stalk celery, diced  
1 small carrot, diced  
1 yellow onion, diced  
2 cloves garlic, minced  
1 cup chicken broth  
1/2 teaspoon curry powder  
1 teaspoon lime juice  
2 tablespoons chopped cilantro (optional)

## Directions

Preheat an oven to 450 degrees F (230 degrees C).

Spread the drained tomatoes on a rimmed baking sheet. Drizzle with olive oil; season with salt and pepper. Roast in preheated oven until the tomatoes start to brown and shrink slightly, about 20 minutes.

Heat butter over medium-low heat in a large saucepan. Stir in the saffron, celery, carrot, onion, and garlic; cook until softened, about 10 minutes. Mix in the roasted tomatoes, reserved tomato juices, and chicken broth. Simmer until vegetables are very tender, 15 to 20 minutes. Stir in the curry powder, lime juice, and cilantro.

Use an immersion blender to puree soup until smooth.

# Curry Pineapple Fried Rice

## Ingredients

- 1 1/2 cups uncooked white rice
- 3 cups water
- 1 tablespoon curry powder
- 2 tablespoons Asian fish sauce
- 2 tablespoons pineapple juice
- 1 tablespoon vegetable oil
- 1 pound boneless chicken meat, cubed
- 1 onion, sliced
- 1 (20 ounce) can pineapple chunks, drained

## Directions

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Set the cooked rice aside. Mix together curry powder, fish sauce, and pineapple juice in a small bowl.

Heat the vegetable oil in a large skillet or wok over medium-high heat until the oil shimmers, and cook and stir the chicken and onion until the chicken is no longer pink and the onions are translucent, about 5 minutes. Stir in the cooked rice, pineapple chunks, and curry mixture, and cook and stir until the fried rice is hot, 5 to 10 minutes.

# Slow Cooker Chicken Curry

## Ingredients

1 pound cubed skinless, boneless chicken breast meat  
2 large potatoes, cubed  
1 (10.5 ounce) can condensed chicken broth  
2 1/2 cups water  
2 tablespoons curry powder  
1/2 (10 ounce) package frozen mixed stir-fry vegetables  
1 tablespoon cornstarch

## Directions

Combine chicken, potatoes, broth, water and curry powder in slow cooker.

Cook on Low setting for 8 hours (or on High setting for 4 hours).

During last hour of cooking (last 1/2 hour if cooking on High), add vegetables. Immediately after stirring in vegetables, dissolve cornstarch into some of the cooking broth and stir in. Cover and continue cooking to completion.

# Baked Chicken Curry Flavor-Fest

## Ingredients

1 1/2 cups Dijon mustard  
2/3 cup Worcestershire sauce  
6 tablespoons chili powder  
1/4 cup ground cumin  
2 tablespoons ground ginger  
1 teaspoon ground turmeric  
10 pounds bone-in chicken pieces  
6 cloves garlic, minced

## Directions

Whisk together the mustard, Worcestershire sauce, chili powder, cumin, ginger, and turmeric in a large bowl. Add the chicken to the bowl and toss until they are evenly coated. Scatter the minced garlic over the chicken and toss again. Cover and refrigerate 2 hours.

Preheat oven to 450 degrees F (230 degrees C).

Arrange the chicken pieces with the skin side facing up in a single layer in baking dishes or roasting pans. Pour the remaining marinade over the chicken. Cover with aluminum foil.

Bake in preheated oven until the juices run clear, 40 to 45 minutes.

# Thai Pineapple Chicken Curry

## Ingredients

2 cups uncooked jasmine rice  
1 quart water  
1/4 cup red curry paste  
2 (13.5 ounce) cans coconut milk  
2 skinless, boneless chicken breast halves - cut into thin strips  
3 tablespoons fish sauce  
1/4 cup white sugar  
1 1/2 cups sliced bamboo shoots, drained  
1/2 red bell pepper, julienned  
1/2 green bell pepper, julienned  
1/2 small onion, chopped  
1 cup pineapple chunks, drained

## Directions

Bring rice and water to a boil in a pot. Reduce heat to low, cover, and simmer 25 minutes.

In a bowl, whisk together curry paste and 1 can coconut milk. Transfer to a wok, and mix in remaining coconut milk, chicken, fish sauce, sugar, and bamboo shoots. Bring to a boil, and cook 15 minutes, until chicken juices run clear.

Mix the red bell pepper, green bell pepper, and onion into the wok. Continue cooking 10 minutes, until chicken juices run clear and peppers are tender. Remove from heat, and stir in pineapple. Serve over the cooked rice.

# Sri Lankan Chicken Curry

## Ingredients

3 (6 ounce) boneless skinless chicken breasts  
2 tablespoons white vinegar  
1 teaspoon tamarind juice (optional)  
1/4 cup Madras curry powder  
1 tablespoon salt, or to taste  
1 teaspoon ground black pepper  
2 tablespoons coconut oil  
1 red onion, sliced  
4 green chile peppers, halved lengthwise  
8 green cardamom pods  
6 whole cloves  
12 curry leaves  
1 teaspoon fresh ginger root, crushed  
1 (2 inch) cinnamon stick, broken in half  
3 cloves garlic, minced  
1/2 cup water  
1 1/2 tablespoons tomato paste  
3 tablespoons roasted Madras curry powder  
1/2 (14 ounce) can coconut milk

## Directions

Cut the chicken into bite-sized pieces. Combine the vinegar, tamarind juice, 1/4 cup curry powder, salt, and pepper in a bowl. Add chicken and toss to coat.

Heat the coconut oil in a wok or frying pan over medium heat. Cook the sliced onion, green chiles, cardamom pods, cloves, curry leaves, ginger, and cinnamon stick until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more. Stir in the garlic and cook for an additional minute.

Add the chicken mixture, water, and tomato paste. Stir and simmer until the chicken is cooked through, about 10 minutes. Add the roasted curry powder and stir until evenly dispersed.

Gradually stir in the coconut milk and simmer for 2-3 more minutes. (Do not overheat or the coconut milk may curdle.)

# Chicken And Apple Curry

## Ingredients

3 tablespoons butter  
2 small onion, chopped  
2 apples - peeled, cored and finely chopped  
3 tablespoons all-purpose flour  
1 tablespoon curry powder  
8 skinless, boneless chicken breasts  
1 cup hot chicken broth  
1 cup milk  
salt and pepper to taste

## Directions

Preheat oven to 350 degrees F (175 degrees C).

Saute apple and onion in butter or margarine until tender. Add curry powder and saute 1 minute more. Add flour and continue to cook 1 minute longer. Add stock or broth and milk; stir well.

Salt and pepper chicken breasts to taste and lay in a single layer in a 9x13 inch (or larger) baking dish. Pour sauce mixture over chicken breasts and bake in preheated oven for 45 to 50 minutes, until chicken is done.

# Baby Carrots With Curry Sauce

## Ingredients

1 (16 ounce) package baby carrots  
1/4 cup reduced-fat mayonnaise  
2 tablespoons fat-free sour cream  
1 teaspoon lemon juice  
1 teaspoon fat free milk  
1 teaspoon honey  
1/2 teaspoon curry powder  
1/4 teaspoon salt

## Directions

Place carrots in a steamer basket over 1 in. of boiling water in a saucepan. Cover and steam for 12-14 minutes or until crisp-tender. Meanwhile, combine the remaining ingredients in a small saucepan; cook and stir over medium-low heat until heated through (do not boil). Drain carrots; add sauce and toss to coat.

# Thai Curry Pork Lettuce Wraps (Nam Prik Ong)

## Ingredients

1/4 cup white rice  
2 pounds ground pork  
1 red onion, finely chopped  
2 tablespoons red curry paste  
(such as Mae Ploy)  
2 tablespoons tomato paste  
1/4 cup water (optional)  
2 limes, juiced  
2 tablespoons fish sauce  
12 leaves lettuce

## Directions

Toast the rice in a skillet over medium-high heat until lightly browned. Transfer the rice to a mortar and pestle or a food processor and grind into a coarse powder.

Cook pork in a skillet over medium-high heat for 4 minutes. Place the onions in the skillet with the pork and continue to cook and stir until the onions are translucent, about 4 minutes. Stir in the curry paste and cook until aromatic. Mix in the tomato paste and reduce the heat to a simmer. Pour in 1/4 cup water if the pork seems dry and begins to stick to the bottom of the pan. Add the roasted, ground rice and continue to simmer until the ground rice is tender, about 5 minutes. Stir in lime juice and fish sauce to taste. Serve pork in lettuce leaves.

# Pineapple Curry Rice

## Ingredients

1 3/4 cups pineapple juice  
1 tablespoon curry powder, or to taste  
1/2 teaspoon celery salt  
1 cup uncooked jasmine rice  
1 tablespoon butter

## Directions

In a 2 quart saucepan, bring pineapple juice to a boil. Stir in curry powder and celery salt, and then add rice and butter. Stir until butter melts and rice does not stick together. Reduce heat to low, cover, and simmer for 10 minutes.

Stir rice with a fork to loosen from bottom of pot. Simmer another 3 to 5 minutes, or until done.

# Burmese Chicken Curry (Gaeng Gai Bama)

## Ingredients

1/4 cup vegetable oil  
8 shallots, thinly sliced  
1 pound skinless, boneless chicken meat, cut into large pieces  
2 tablespoons red curry paste  
1 tablespoon curry powder  
1/2 cup coconut milk  
1/4 cup pureed tomato  
2 tablespoons fish sauce  
1 tablespoon palm sugar  
2 medium tomatoes, cut into wedges  
1 bunch cilantro, chopped

## Directions

Heat the vegetable oil in a medium skillet over low heat, and stir fry the shallots until browned and tender. Drain, reserving the oil, and set aside.

Place the chicken in the skillet with the reserved oil, and stir in the curry paste and curry powder to evenly coat. Pour in enough water to cover, and bring to a boil. Reduce heat, cover skillet, and simmer until the chicken is no longer pink and juices run clear.

Stir the coconut milk, tomato puree, fish sauce, palm sugar, and 1/2 the tomato wedges into the skillet. Cook and stir over low heat until the mixture is smooth and creamy. Mix in the remaining tomatoes, and continue cooking until tender. Top with cilantro and the fried shallots to serve.

# Green Curry Tofu

## Ingredients

1 1/2 cups water  
1 cup uncooked basmati rice,  
rinsed and drained  
3 tablespoons sesame oil  
1 (14 ounce) package firm water-  
packed tofu, drained and cubed  
1/4 teaspoon salt  
1 (10 ounce) can coconut milk  
2 tablespoons green curry paste

## Directions

Place water in a medium saucepan, and stir in the rice. Bring to a boil. Cover, reduce heat, and simmer 20 minutes. Remove from heat, cool slightly, and fluff with a fork.

Heat the sesame oil in a separate medium saucepan over medium heat. Stir in tofu. Stirring occasionally, fry about 20 minutes, until evenly crisp and lightly browned. Season with salt.

In a small saucepan, bring the coconut milk to a boil. Mix in green curry paste. Reduce heat, and simmer 5 minutes. Drizzle generously over the tofu and rice to serve.

# Authentic and Easy Shrimp Curry

## Ingredients

1/4 cup vegetable oil  
1 large onion, chopped  
10 fresh curry leaves (optional)  
1 tablespoon ginger garlic paste  
1 teaspoon ground coriander  
2/3 teaspoon salt  
1/2 teaspoon ground turmeric  
1 tomato, finely chopped  
1 teaspoon ground red chile pepper  
2 pounds medium shrimp - peeled and deveined  
1/4 cup water  
1 teaspoon garam masala  
chopped fresh cilantro to taste

## Directions

Heat the oil in a wok or large saucepan over nearly high heat. Add the onions; cook and stir until browned. Mix in the curry leaves, then season with the ginger garlic paste, coriander and salt. Cook and stir for 1 minute.

Season with salt and turmeric, then mix in the tomato, chile powder, shrimp and water. Reduce the heat to medium-high and cook for 7 to 8 minutes, until shrimp are opaque. Taste and adjust salt and chile powder if necessary. Season with garam masala, stir and remove from the heat. Garnish with fresh cilantro and serve with flat bread or rice.

# Peach Curry Glazed Pork Chops

## Ingredients

1/2 cup sliced syrup-packed peaches, drained, syrup reserved  
3 tablespoons peach jam  
2 tablespoons Dijon mustard  
2 teaspoons curry powder  
1 teaspoon honey  
1 tablespoon vegetable oil  
4 boneless pork chops  
2 green onions, chopped  
2 tablespoons chopped fresh cilantro

## Directions

In a bowl, mix the reserved peach syrup, peach jam, Dijon mustard, curry powder, and honey.

Heat the vegetable oil in a skillet over medium heat, and cook the pork chops 8 minutes, or to desired doneness.

Mix the green onions into the skillet, and cook 1 minute, until tender. Spoon the syrup mixture and peaches over the pork chops. Continue cooking until heated through. Sprinkle with cilantro to serve.

# Apple-Curry Tuna Melts

## Ingredients

1 (6 ounce) can tuna, drained and flaked  
1/2 cup diced apples  
1/4 cup mayonnaise  
1 tablespoon chopped green onion  
1 teaspoon Dijon mustard  
1/2 teaspoon curry powder  
4 slices bread, toasted  
1/4 cup chopped walnuts, toasted  
4 slices Cheddar cheese

## Directions

In a bowl, combine the first six ingredients' mix well. Spread 1/4 cup on each slice of toast sprinkle with walnuts. Top with a slice of cheese. Broil 5 in. from the heat until cheese is melted.

# Mild Curry Powder

## Ingredients

2 tablespoons ground cumin  
2 tablespoons ground coriander  
2 teaspoons ground turmeric  
1/2 teaspoon crushed red pepper flakes  
1/2 teaspoon mustard seed  
1/2 teaspoon ground ginger

## Directions

In a blender or food processor, combine cumin, coriander, turmeric, red pepper flakes, mustard seed, and ginger. Process to a fine powder. Store in an airtight container.

# Spicy Indian Chicken and Mango Curry

## Ingredients

2 medium mangoes, peeled and sliced, divided  
1 (10 ounce) can coconut milk  
4 teaspoons vegetable oil  
4 teaspoons spicy curry paste  
14 ounces skinless, boneless chicken breast halves - cut into cubes  
4 medium shallots, sliced  
1 large English cucumber, seeded and sliced

## Directions

Place half of the mango slices into the bowl of a blender with the coconut milk. Blend until smooth and reserve for later.

Heat the oil in a large pot over medium-high heat. Stir in the curry paste, and cook until fragrant, about 1 minute. Add the chicken and shallot; cook until the chicken is done and the shallots have softened, about 5 minutes. Pour in the mango puree, and cook until heated through. To serve, stir in the remaining mango slices and cucumber.

# Spicy Chicken Curry

## Ingredients

1 pound skinless, boneless chicken breast halves, cut into bite size pieces  
2 onions, chopped  
4 green chile peppers, chopped  
4 tablespoons vegetable oil  
2 tablespoons ginger garlic paste  
1 tablespoon poppy seeds  
2 tablespoons chili powder  
2 cups water  
1 tablespoon garam masala  
1 pinch ground turmeric  
salt to taste

## Directions

Rinse chicken pieces and pat dry. Set aside. Grind poppy seeds into a paste.

In a large skillet, saute onions and green chiles in oil until golden brown. Add ginger garlic paste and continue to saute. Add poppy seed paste and reserved chicken pieces, continuing to saute. Stir all together; after chicken is well mixed with the 'gravy', add the red chili powder and pour 2 cups of water over the mixture. Cover skillet and let simmer about 12 to 15 minutes, until chicken is cooked through.

After chicken is 'well-boiled' (the oil should be floating on top of the skillet liquid), add the garam masala and turmeric powder and turn off the stove. Stir all together and serve.

# Currywurst

## Ingredients

- 1 tablespoon vegetable oil
- 1 onion, minced
- 1 (6 ounce) can tomato paste
- 3 tablespoons water
- 1/4 cup brown sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/4 teaspoon dry mustard
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 2 tablespoons cider vinegar
- 1 tablespoon vegetable oil
- 3 tablespoons curry powder
- 1 tablespoon sweet Hungarian paprika
- 2 cups ketchup
- 1 cup water
- 4 beer bratwursts

## Directions

Heat the oil in a skillet over medium heat. Cook the onion in the hot oil until soft, but do not brown.

Combine the tomato paste, 3 tablespoons water, brown sugar, salt, cumin, mustard, cinnamon, cloves, and vinegar in a pot over medium heat; simmer 2 minutes; stir in the cooked onion. Mix together 1 tablespoon vegetable oil, curry powder, Hungarian paprika, ketchup, and 1 cup water in a bowl; stir into tomato paste mixture; simmer another 2 minutes.

Cook the bratwurst in a large skillet over medium heat until browned. Pour the sauce into the skillet with the bratwurst. Reduce heat to low and cook until sausages reach an internal temperature of 165 degrees F (75 degrees C), about 10 minutes.

# Masala Beef with Ginger and Curry Leaf

## Ingredients

3 bay leaves  
1 (1 inch) piece cinnamon stick  
5 cardamom pods  
4 whole cloves  
2 teaspoons fennel seeds  
10 whole black peppercorns  
  
2 pounds beef tenderloin, cubed  
3 cups chopped onion, divided  
5 green chile peppers, halved lengthwise  
1 (1 1/2 inch) piece fresh ginger root, grated  
6 cloves garlic, minced  
1/2 teaspoon ground turmeric  
1 teaspoon salt  
1/2 cup coconut oil  
1/4 teaspoon whole mustard seeds  
4 fresh curry leaves  
2 1/2 teaspoons lemon juice  
1 teaspoon ground black pepper

## Directions

To make the masala powder: Grind the bay leaves, cinnamon, cardamom, cloves, fennel seeds and peppercorns in a spice grinder until mixture is a fine powder.

Place the beef cubes, masala powder, 2 cups chopped onion, green chiles, grated fresh ginger, garlic and turmeric in a large, heavy pot. Add water to cover (about 1 cup) and bring to a boil. Reduce heat and simmer for 30 minutes until beef is cooked through. Add salt. Stir and continue to simmer about 10 minutes or until mixture is almost dry, but do not allow it to burn (add a bit more water, if necessary). Set aside.

Heat oil in a large skillet over medium-high heat. Add mustard seeds and cook until they begin to pop. Immediately add remaining 1 cup chopped onion and stir over medium heat until onions soften and begin to brown, about 10 to 12 minutes. Add curry leaves and cook until brown, about 3 minutes.

Stir in the beef mixture, black pepper, and lemon juice. Cook until nicely browned and heated through, about 8 minutes.

# Vietnamese-Style Chicken Curry Soup

## Ingredients

2 tablespoons vegetable oil  
1 (3 pound) whole chicken, skin removed and cut into pieces  
1 onion, cut into chunks  
2 shallots, thinly sliced  
2 cloves garlic, chopped  
1/8 cup thinly sliced fresh ginger root  
1 stalk lemon grass, cut into 2 inch pieces  
4 tablespoons curry powder  
1 green bell pepper, cut into 1 inch pieces  
2 carrots, sliced diagonally  
1 quart chicken broth  
1 quart water  
2 tablespoons fish sauce  
2 kaffir lime leaves  
1 bay leaf  
2 teaspoons red pepper flakes  
8 small potatoes, quartered  
1 (14 ounce) can coconut milk  
1 bunch fresh cilantro

## Directions

Heat oil in a large stock pot over medium heat. Cook chicken and onions in oil until onions are soft and translucent; remove onions and chicken from pot and set aside.

Saute shallots in pot for about 1 minute, then stir in garlic, ginger, lemon grass and curry powder. Continue to cook for about 5 minutes, then stir in bell pepper and carrots. Return chicken and onion to pot and stir in chicken broth, water and fish sauce. Season with lime leaves, bay leaf and red pepper flakes.

Bring to a boil and introduce potatoes. Return to a boil and pour in coconut milk. Reduce heat and simmer 40 to 60 minutes, until potatoes and chicken are tender. Garnish each dish with a sprig of fresh cilantro.

# Curry Sauce

## Ingredients

- 2 pounds onions, chopped
- 4 cloves garlic, minced
- 3 tablespoons minced ginger
- 1 (14.5 ounce) can diced tomatoes
- 1 tablespoon turmeric powder
- 2 tablespoons cumin
- 1 tablespoon garam masala
- 1 tablespoon curry paste
- 1 teaspoon red pepper flakes

## Directions

Place onions and garlic into a large saucepan, add water to cover. Place over high heat and bring to a boil, reduce heat to medium-low, cover, and simmer for 45 minutes. Add the ginger, and continue simmering for 5 more minutes.

Puree the onion in a food processor or blender in batches until smooth. Place a large saucepan over medium-high heat, pour in the diced tomatoes, and season with turmeric, cumin, garam masala, curry paste, and red pepper flakes. Bring to a simmer, then pour in the onion puree. Simmer for 45 minutes.

# Prawns in Cashew Coconut Curry Sauce

## Ingredients

2 1/4 pounds peeled and deveined medium shrimp  
1/4 teaspoon turmeric powder  
1/4 teaspoon ground red pepper

3 tablespoons cashews  
5 whole cardamom pods, broken  
2 (3 inch) cinnamon sticks  
1 teaspoon whole black peppercorns

4 teaspoons sunflower oil  
1/2 red onion, diced  
1/2 teaspoon garlic paste  
3/4 teaspoon ginger paste  
salt to taste  
1/2 teaspoon garam masala  
1 large bay leaf  
1/2 cup diced roma tomatoes  
2 green bell peppers, seeded and diced  
1 (14 ounce) can coconut milk

## Directions

Season the shrimp with turmeric powder and chile powder, and set aside. Toast the cashews, cardamom, cinnamon, and peppercorns in a skillet over medium heat until toasted and fragrant, about 7 minutes; remove from the skillet and set aside.

Heat the sunflower oil in a large skillet over medium-high heat. Add the onion, garlic, and ginger; cook and stir until the onion has softened and begun to lose its red color, about 5 minutes. Stir in the shrimp and toasted spice mixture along with the salt, garam masala, bay leaf, tomatoes, and green pepper. Cook and stir until half of the shrimp has begun to turn pink, then pour in the coconut milk, cover, and bring to a simmer.

Cover, and reduce heat to medium-low. Simmer until the shrimp are opaque and the vegetables are tender, about 5 minutes.

# Sri Lankan Potato Curry II

## Ingredients

1/2 pound potatoes, peeled and cut into 1 1/2-inch cubes  
1 teaspoon salt  
1 cup coconut cream  
3 green chile peppers, chopped  
4 fresh curry leaves  
1/2 teaspoon cayenne pepper  
3/4 teaspoon saffron powder  
1 clove garlic, minced  
1/2 cup water

## Directions

Combine the potatoes, salt, coconut cream, green chiles, curry leaves, cayenne pepper, saffron powder, garlic, and water in a saucepan. Cook over medium heat, stirring frequently, until the coconut cream thickens, about 15 to 20 minutes.

Test the potatoes for doneness by piercing them with the tip of a paring knife. When the potatoes are tender, remove the pan from the heat. Let stand for 5 minutes before serving. Serve with plain rice.

# Cold Asparagus with Curry Dip

## Ingredients

1 bunch fresh asparagus spears,  
trimmed  
3/4 cup mayonnaise  
1/4 cup sour cream  
2 tablespoons curry powder

## Directions

Bring a pot of lightly salted water to a boil. Add asparagus, and cook for about 7 minutes, until bright green. Remove to a bowl of ice water to cool. Drain and set aside.

In a medium bowl, stir together the mayonnaise, sour cream and curry powder. Transfer to a nice serving dish, and serve with chilled asparagus.

# Slow Cooker Mussaman Curry

## Ingredients

2 potatoes, cut into large chunks  
1 small onion, coarsely chopped  
2 tablespoons butter  
1 1/4 pounds beef chuck, cut into 1-inch cubes  
3 cloves garlic, minced  
1 (14 ounce) can coconut milk  
1/4 cup peanut butter  
3 tablespoons curry powder  
3 tablespoons Thai fish sauce  
3 tablespoons brown sugar  
2 cups beef broth  
1/2 cup unsalted, dry-roasted peanuts

## Directions

Place the potatoes and onion in a slow cooker.

Melt the butter in a skillet over medium-high heat. Cook the beef and garlic together in the melted butter until the beef is browned on all sides. Transfer the beef and garlic to the slow cooker while keeping the beef drippings in the skillet.

Return the skillet to the medium-high heat. Stir the coconut milk, peanut butter, and curry powder into the reserved beef drippings; cook and stir until the peanut butter melts. Pour the coconut milk mixture into the slow cooker. Turn the slow cooker on to Low; stir the fish sauce, brown sugar, and beef broth into the slow cooker.

Cook on Low until the beef is fork-tender, 4 to 6 hours. Stir the peanuts into the curry about 30 minutes before serving.

# Easy Shrimp Curry

## Ingredients

2 tablespoons vegetable oil  
2 1/2 pounds fresh shrimp, peeled and deveined  
3 stalks celery, diced  
1 carrot, sliced  
1 potato, peeled and diced  
1 onion, minced  
2 (10.75 ounce) cans condensed cream of celery soup  
2 (10.75 ounce) cans condensed cream of mushroom soup  
2 (10.75 ounce) cans milk  
2 1/2 tablespoons curry powder  
1 (14 ounce) can coconut cream  
salt to taste

## Directions

In a large saucepan saute oil, celery, carrot, potato and onion over medium heat until almost tender. Add shrimp, celery soup, mushroom soup, milk, curry powder, and coconut milk. Reduce heat to low and let simmer for 20 minutes. Salt to taste.

# Cod Curry

## Ingredients

2 tablespoons vegetable oil  
1 medium onion, chopped  
1 teaspoon garlic paste  
1 teaspoon ginger paste  
2 teaspoons cumin  
2 teaspoons coriander  
1 teaspoon cardamom  
1/2 teaspoon turmeric  
1/2 teaspoon salt  
2 fresh jalapeno peppers, seeded and diced  
1/4 cup chopped cilantro  
1 tablespoon lemon juice  
1 (28 ounce) can diced tomatoes with juice  
1 pound cod fillets, cut into chunks

## Directions

Heat the oil in a skillet over medium heat. Place onion in the skillet. Reduce heat to low, and cook, stirring often, 15 minutes, or until soft and brown.

Mix the garlic paste and ginger paste into the skillet. Cook 1 minute. Mix in cumin, coriander, cardamom, turmeric, and salt. Stir in the jalapeno, cilantro, lemon juice, and tomatoes with juice, scraping up any brown bits from the bottom of the skillet. Bring to a boil. Reduce heat to low, cover, and simmer 20 minutes. If you like, the sauce may be set aside for a few hours at this point to allow the flavors to blend.

Return the sauce to a boil, and place cod in the skillet. Reduce heat to low, and cook 15 minutes, or until fish flakes easily with a fork.

# Potato Curry

## Ingredients

3 tablespoons ghee  
1 teaspoon cumin seeds  
1 teaspoon turmeric  
1 teaspoon ground coriander  
1 teaspoon salt  
1/2 teaspoon mustard seed  
1/2 teaspoon ground cayenne  
pepper  
6 medium potatoes, peeled and  
diced  
2 cups water  
1 cup yogurt  
2/3 cup frozen green peas

## Directions

Heat the ghee in a skillet over medium heat, and mix in the cumin, turmeric, coriander, salt, mustard seed, and cayenne pepper. Place potatoes in the skillet, and stir to evenly coat with the ghee. Cook 10 minutes, stirring often. Pour water into the skillet. Reduce heat to low, and simmer 30 minutes, until potatoes are tender.

Mix the yogurt and peas into the saucepan. Continue cooking until heated through.

# Pumpkin, Butter Bean, and Spinach Curry

## Ingredients

1/4 cup vegetable oil  
1 large onion, sliced  
3 tablespoons curry paste  
1 (14 ounce) can coconut milk  
2/3 cup water  
1 pound pumpkin, cut into 1 inch squares  
1 (15 ounce) can small butter beans (lima beans)  
salt and pepper to taste  
1 (9 ounce) package frozen spinach, thawed and drained  
3 tablespoons chopped fresh cilantro

## Directions

Heat the oil in a large saucepan over medium heat, and stir in the onion. Cook and stir until the onion is soft and beginning to brown, about 8 minutes. Stir in the curry paste, cook for 2 minutes longer, then add the coconut milk water, and pumpkin. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the pumpkin is nearly tender, about 10 minutes.

Stir in the butter beans, and continue simmering until the pumpkin is tender, about 5 minutes. Season to taste with salt and pepper, then stir in the spinach and cilantro. Simmer a few more minutes to reheat, and serve.

# Green Curry Lamb Balls

## Ingredients

1/2 pound ground lamb  
1/2 cup bread crumbs  
steak seasoning to taste  
1 (10 ounce) can coconut milk  
1 1/2 tablespoons green curry  
paste

## Directions

In a medium bowl, mix together the ground lamb, bread crumbs and steak seasoning until well blended. Form into meatballs about 1 inch in diameter. Heat a greased skillet over medium-high heat and fry the lamb balls until they are a bit black and crusty, about 5 minutes. Remove balls from pan and set aside.

Toss the curry paste into the hot skillet and fry for about a minutes. Then pour in the entire can of coconut milk and lower the heat. Let the mixture simmer, stirring frequently for 5 to 10 minutes. Serve the meatballs and curry sauce over rice.

# Duck Legs in Green Curry

## Ingredients

1 tablespoon vegetable oil  
4 duck legs  
1 small onion, minced  
3 cloves garlic, minced  
2 serrano peppers, seeded and minced  
1 (1 inch) piece fresh ginger root, minced  
3 (10 ounce) cans coconut milk  
3 tablespoons yellow curry paste  
2 kaffir lime leaves  
2 green onions, minced  
2 tablespoons Asian fish sauce  
1 (12 ounce) package thin rice noodles  
1/2 bunch cilantro leaves, coarsely chopped

## Directions

Place duck legs fat-side down in a large skillet over medium-high heat, searing them on both sides until golden, about 3 minutes per side. Remove legs from pan, and reserve about 3 tablespoons of fat.

Place onions in skillet with reserved duck fat, and cook over medium heat until they are soft and translucent, about 5 minutes. Stir in garlic, serrano peppers, and ginger; cook for about 3 minutes.

Skim the coconut cream from 1 can of coconut milk, and stir the cream into the onion mixture. Stir in the curry paste, and cook until fragrant, about 1 or 2 minutes.

Stir into the skillet the additional 2 cans of coconut milk, kaffir lime leaves, green onions, and fish sauce. Return duck legs to the pan. Simmer on low heat until just done, about 15 minutes. (If the curry sauce needs further reducing, remove the duck legs to an oven set at low heat, and cook down the sauce over medium heat.)

Meanwhile, bring a large pot of lightly salted water to boil, and cook the noodles according to package directions. When done, drain, and run cold water over noodles. Set aside.

Toss the noodles in the curry, and serve with chopped cilantro.

# Thai Curry Soup

## Ingredients

2 ounces rice noodles (pad thai noodles)  
1 tablespoon olive oil  
1 clove garlic, minced  
1 1/2 tablespoons minced lemon grass  
1 teaspoon ground ginger  
2 teaspoons red curry paste  
1 (32 ounce) carton chicken broth  
2 tablespoons soy sauce  
1 tablespoon white sugar  
1 (13.5 ounce) can reduced-fat coconut milk  
1/2 cup peeled and deveined medium shrimp  
1/2 cup sliced mushrooms  
1 (10 ounce) bag baby spinach leaves  
2 tablespoons fresh lime juice  
1/4 cup chopped cilantro  
2 green onions, thinly sliced

## Directions

Bring a large pot of lightly salted water to a boil. Add rice noodles and cook until al dente, about 3 minutes. Drain and rinse well with cold water to stop the cooking; set aside.

Heat oil in a large saucepan over medium heat. Stir in garlic, lemon grass, and ginger; cook and stir until aromatic, 30 to 60 seconds. Add the curry paste, and cook 30 seconds more. Pour in about 1/2 cup of the chicken broth, and stir until the curry paste has dissolved, then pour in the remaining chicken stock along with the soy sauce and sugar. Bring to a boil, then reduce heat to medium-low, partially cover, and simmer 20 minutes.

Stir in coconut milk, shrimp, mushrooms, spinach, lime juice, and cilantro. Increase heat to medium-high, and simmer until the shrimp turn pink and are no longer translucent, about 5 minutes.

To serve, place some rice noodles into each serving bowl and ladle soup on top of them. Garnish each bowl with a sprinkle of sliced green onion.

# Curry Pork Tenderloin

## Ingredients

1 cup all-purpose flour  
1 teaspoon red pepper flakes  
1 (2 pound) pork tenderloin, cut into thin 1 1/2 inch strips  
2 tablespoons cooking oil  
1/2 cup Marsala wine or white wine  
1 (14 ounce) can coconut milk  
1/2 cup crunchy peanut butter  
2 cubes beef bouillon  
3 teaspoons curry powder, or to taste  
3 cloves garlic, pressed  
1 onion, diced  
1 pound fresh mushrooms, sliced

## Directions

Preheat oven to 350 degrees F (175 degrees C). Oil a large casserole dish. Combine flour and red pepper flakes in a large resealable plastic bag; add pork, seal, and shake to coat.

Heat oil in a large skillet or wok over medium-high heat. Brown tenderloin in hot oil, stirring frequently. Drain meat on paper towels, then arrange in the bottom of the prepared casserole dish.

In the same pan the pork was cooked in, mix together wine, coconut milk and peanut butter over low heat. Crumble bouillon cubes into the mixture, and season with curry powder. Heat until warm, and then stir in the garlic, onion, and mushrooms. Pour over meat in the casserole dish.

Bake in preheated oven for 45 minutes.

# Singapore Noodle Curry Shrimp

## Ingredients

2/3 cup chicken broth  
1 tablespoon oyster sauce  
1 1/2 tablespoons soy sauce  
1 1/2 teaspoons white sugar  
3 tablespoons peanut oil  
1 1/2 teaspoons curry powder  
1 clove garlic, minced  
1 teaspoon minced fresh ginger root  
1 small red bell pepper, diced  
1 small red onion, chopped  
4 green onions, chopped into 1 inch pieces  
1 (12 ounce) package frozen cooked cocktail shrimp  
1 1/2 cups frozen baby peas  
1/2 (8 ounce) package rice noodles, broken into 3 inch pieces and soaked

## Directions

Combine chicken broth, oyster sauce, soy sauce and sugar in a small bowl, and set aside.

In a large skillet, heat the oil over medium-high heat. Add curry powder, garlic, and ginger; stir-fry for 10 seconds. Add peppers, onions, and scallions; stir-fry for 3 to 5 minutes. Stir in chicken stock mixture, and bring to a boil over high heat. Add shrimp and peas, and cook until hot. Add noodles, and cook until dish is heated thoroughly. Serve immediately.

# Okra Curry

## Ingredients

1 pound okra, ends trimmed, cut into 1/4-inch rounds  
1 tablespoon olive oil  
1 teaspoon whole cumin seeds  
1/2 teaspoon curry powder  
1/2 teaspoon chickpea flour  
1/2 teaspoon salt

## Directions

Microwave the okra on High for 3 minutes.

Heat olive oil in a large skillet over medium heat. Add cumin, once it swells and turns golden brown stir in the okra. Cook and stir on medium heat for 5 minutes. Gently mix in the curry powder, chickpea flour, and salt; cook 2 minutes more. Serve immediately.

# Chicken Massaman Curry

## Ingredients

2 tablespoons vegetable oil  
3 tablespoons curry paste  
1 (3/4 inch thick) slice ginger,  
minced  
1 1/4 pounds skinless, boneless  
chicken breast meat - cubed  
3 tablespoons brown sugar  
3 tablespoons fish sauce  
3 tablespoons tamarind paste  
1/3 cup peanut butter  
3 cups peeled, cubed potatoes  
1 (13.5 ounce) can coconut milk  
3 tablespoons fresh lime juice

## Directions

Heat vegetable oil in a large saucepan over medium heat. Stir in curry paste and minced ginger; cook and stir for 2 minutes. Stir in the cubed chicken, and cook until the pieces turn white on the outside, about 3 minutes.

Stir in brown sugar, fish sauce, tamarind paste, peanut butter, potatoes, and coconut milk. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the potatoes are tender and the chicken pieces are no longer pink in the center, about 20 minutes. Add the lime juice and cook for an additional 5 minutes before serving.

# Vietnamese Beef And Lettuce Curry

## Ingredients

1 cup uncooked long grain white rice  
2 cups water  
5 teaspoons white sugar  
1 clove garlic, minced  
1/4 cup fish sauce  
5 tablespoons water  
1 1/2 tablespoons chile sauce  
1 lemon, juiced  
2 tablespoons vegetable oil  
3 cloves garlic, minced  
1 pound ground beef  
1 tablespoon ground cumin  
1 (28 ounce) can canned diced tomatoes  
2 cups lettuce leaves, torn into 1/2 inch wide strips

## Directions

In a pot, bring the rice and water to a boil. Reduce heat to low, cover, and simmer 25 minutes.

In a bowl, mash together the sugar and 1 clove garlic with a pestle. Mix in the fish sauce, water, chile sauce, and lemon juice.

Heat the oil in a wok over high heat, and quickly saute the 3 cloves garlic. Mix the beef into the wok, season with cumin, and cook until evenly brown. Pour in the tomatoes and about 1/2 the fish sauce mixture. Reduce heat to low, and simmer 20 minutes, until thickened.

Toss the lettuce into the beef mixture. Serve at once over the cooked rice with the remaining fish sauce mixture on the side.

# Mussels in Curry Cream Sauce

## Ingredients

1/2 cup minced shallots  
2 tablespoons minced garlic  
1 1/2 cups dry white wine  
1 cup heavy cream  
1 teaspoon curry powder  
32 mussels - cleaned and  
debearded  
1/4 cup butter  
1/4 cup minced parsley  
1/4 cup chopped green onions

## Directions

In a large saucepan, cook shallots and garlic in simmering wine until translucent.

Stir in cream and curry powder. When sauce is heated through, add mussels. Cover, and steam mussels for a few minutes, until their shells open wide. With a slotted spoon, transfer steamed mussels to a bowl, leaving the sauce in the pan. Discard any unopened mussels.

Whisk butter into the cream sauce. Turn heat off, and stir in parsley and green onions. Serve immediately.

# Chicken with Peanut Curry Yogurt Sauce

## Ingredients

2 tablespoons CRISCO® Canola Oil  
3 cloves garlic, chopped  
1 cup chopped onion  
1 cup chopped red and green bell peppers  
1 tablespoon curry powder  
4 boneless, skinless chicken breasts, cut into 1-inch pieces  
1 cup plain yogurt  
1/2 cup Jif® Extra Crunchy Peanut Butter

## Directions

Heat the oil in a large skillet over medium heat. Add the garlic, onions and bell pepper, cooking just until tender. Stir in the curry powder. Cook 1 minute.

Season the chicken with salt and pepper, add it to the skillet. Cook and stir until browned. Combine yogurt and peanut butter. Stir into skillet, simmering until sauce is hot.

Season dish to taste with additional salt and pepper, if needed. Serve with cooked rice.

# Halibut in Yellow Curry Broth

## Ingredients

4 (6 ounce) fillets of halibut  
2 tablespoons vegetable oil  
4 cups zucchini, finely diced  
1 cup frozen peas, thawed  
4 cups baby spinach  
1/2 cup fresh basil, finely chopped  
1/2 cup coconut milk  
1 cup water  
1 cup VH® Yellow Curry Sauce

## Directions

In a large pot heat oil over medium and saute zucchini until tender, about 7 minutes. Add water and VH® Yellow Curry Sauce, simmer 3 minutes.

Add fish, cover and simmer for 10 minutes or until fish is cooked through.

Place cooked fish in bowls. To the pot add peas, spinach and basil and cook for 3 minutes until spinach has wilted. Ladle broth and vegetables between bowls of fish.

# Malaysian Mango Chicken Curry

## Ingredients

- 1 tablespoon vegetable oil
- 1/2 pound skinless, boneless chicken breast, cubed
- 1/2 cup chicken stock
- 1 tablespoon soy sauce
- 1 tablespoon cider vinegar
- 1 1/2 tablespoons brown sugar
- 1 teaspoon curry powder
- 1 tablespoon cornstarch
- 1/2 onion, diced
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 2 teaspoons minced fresh ginger root
- 1 mango, peeled and cubed

## Directions

Heat vegetable oil in a large skillet over medium-high heat and stir in the chicken breast. Cook the chicken breast until no longer pink in the center. Transfer cooked chicken to a plate. Meanwhile, whisk together the chicken stock, soy sauce, vinegar, brown sugar, curry powder, and cornstarch. Set aside.

Using the same skillet, cook and stir the onion over medium heat until the onion has softened and turned translucent, about 5 minutes. Stir in the green and red bell peppers and cook for 2 minutes, then add the ginger and cook for another minute. Stir in the chicken stock mixture and the cooked chicken breast. Cook until the sauce has thickened. Drop mango in and cook until the mango is heated through.

# Turkey Curry

## Ingredients

2 tablespoons vegetable oil  
1/2 teaspoon ground cinnamon  
1 onion, chopped  
2 cloves garlic, minced  
1 tablespoon minced fresh ginger root  
1/2 teaspoon ground tumeric  
3/4 cup water  
2 green chile peppers, halved lengthwise  
1 pound cubed cooked turkey  
1 teaspoon spicy red chili powder  
1/2 tablespoon garam masala  
salt to taste

## Directions

Heat oil over medium heat in a large skillet. Sprinkle the cinnamon into the oil and stir until fragrant. Stir the onion into the cinnamon oil and cook for 5 minutes, until softened and golden in color. Stir in the garlic, ginger, and turmeric, and continue to cook for 3 additional minutes. Pour in 1/4 water and cook for 2 minutes, adding a bit more water if mixture is too thick.

Stir the green chilies, turkey, chili powder, garam masala, and the rest of the water into the sauce. Cover and cook for 10 minutes until mixture has thickened to sauce consistency, adding additional water if mixture looks dry. Taste the curry and add salt if needed.

# Curry Salmon with Broccoli

## Ingredients

1 1/2 cups uncooked long grain white rice  
3 cups water  
2 pounds broccoli, chopped  
2 (10.75 ounce) cans condensed cream of celery soup  
1 cup mayonnaise  
1 cup white wine  
2 teaspoons curry powder  
2 pounds salmon fillets, bones and skin removed

## Directions

Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13 inch baking dish.

Bring the rice and water to boil in a pot. Cover, reduce heat to low, and simmer 25 minutes.

Arrange broccoli in the bottom of the baking dish. Mix the cream of celery soup, mayonnaise, wine, and curry in a bowl, and pour 1/2 evenly over the broccoli. Cut salmon into chunks and place in baking dish. Top with remaining soup mixture.

Bake 45 minutes in the preheated oven, until broccoli is tender and fish flakes easily with a fork. Serve over cooked rice.

# Creamy Carrot With Curry Soup

## Ingredients

2 tablespoons olive oil  
1 1/2 pounds peeled carrots, cut into 1-inch chunks  
1 large onion, cut into large dice  
1 tablespoon butter  
1 pinch sugar  
3 large garlic cloves, thickly sliced  
2 tablespoons curry powder  
3 cups chicken broth, homemade or from a carton or can  
1 1/2 cups half-and-half (or whole milk)  
Salt and freshly ground pepper, to taste  
Garnish: chopped roasted pistachios

## Directions

Heat oil over medium-high heat in a large, deep saute pan until shimmering.

Add carrots, then onion; saute, stirring very little at first, then more frequently, until vegetables start to turn golden brown, 7 to 8 minutes.

Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer.

Add curry powder; continue to saute until fragrant, 30 seconds to 1 minute longer.

Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until carrots are tender, about 10 minutes.

Using an immersion blender or traditional blender, puree until very smooth, 30 seconds to 1 minute. (If using a traditional blender, vent it either by removing the lid's pop-out center or by lifting one edge of the lid. Drape the blender canister with a kitchen towel. To 'clean' the canister, pour in a little half-and-half, blend briefly, then add to the soup.)

Return to pan (or a soup pot); add enough half-and-half so the mixture is souplike, yet thick enough to float garnish. Taste, and add salt and pepper if needed. Heat through, ladle into bowls, garnish and serve.

# Batata Nu Shak (Potato Curry)

## Ingredients

2 tablespoons peanut oil  
1 teaspoon cumin seeds  
1 teaspoon mustard seeds  
1/2 teaspoon fennel seed  
2 dried red chile peppers  
1 pinch asafoetida powder  
1 small onion, chopped  
1 tablespoon grated fresh ginger root  
1/2 teaspoon ground turmeric  
1 tomato, chopped  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1/2 teaspoon ground red pepper  
4 cups peeled and cubed potatoes  
2 cups water  
1/2 teaspoon white sugar  
salt to taste  
1 teaspoon chickpea flour (besan) (optional)  
2 tablespoons chopped fresh cilantro

## Directions

Heat the oil in a skillet over medium heat. Fry the cumin seeds, mustard seeds, fennel seeds, and red chile peppers in the oil until the seeds begin to splutter. Stir the asafoetida powder into the mixture. Add the onion, ginger, and turmeric; cook and stir for a few minutes. Add the tomato and simmer until the tomatoes are soft. Sprinkle the ground cumin, coriander, and ground red pepper over the mixture.

Fold the potatoes into the mixture until coated. Pour the water into the skillet; season with the sugar and salt. Cover and cook until the potatoes are tender, about 20 minutes. The gravy should be nicely thickened. If not, add a teaspoon of chickpea flour to thicken it. Garnish with the cilantro to serve.

# Spicy Banana Curry

## Ingredients

1/3 cup sunflower seed oil  
2 onions, diced  
1/2 cup curry powder  
1 1/2 tablespoons ground cumin  
4 teaspoons ground turmeric  
1 1/4 teaspoons salt  
1 teaspoon white sugar  
1 tablespoon ground ginger  
1 teaspoon chili powder  
1 1/4 teaspoons ground cinnamon  
1 1/2 teaspoons ground black pepper  
4 teaspoons curry paste  
8 cloves garlic, pressed  
1 (10 ounce) can tomato sauce  
2/3 cup plain yogurt  
2 bananas, diced  
3 tomatoes, chopped  
1/4 cup flaked coconut

## Directions

Heat the sunflower oil in a large saucepan over medium heat. Stir in the onions, and cook until the onions have softened and turned translucent, about 5 minutes. Sprinkle in the curry powder, cumin, turmeric, salt, sugar, ginger, chili powder, cinnamon, and black pepper. Cook and stir until fragrant, about 1 minute.

Stir in the curry paste and pressed garlic. Cook for about 1 minute. Pour in the tomato sauce and yogurt, and bring to a simmer. Stir in the diced banana, and simmer gently for 3 minutes. Mix in chopped tomatoes, and continuing to simmer 1 minute more. Stir in the coconut flakes just before serving.

# Michelle's Coconut Chicken Curry

## Ingredients

2 tablespoons vegetable oil  
1 white onion, chopped  
2 cloves garlic, crushed  
1 pound skinless, boneless  
chicken breast halves - chopped  
1 small head cauliflower, chopped  
2 1/2 tablespoons yellow curry  
powder  
1 teaspoon garlic salt  
1 (14 ounce) can unsweetened  
coconut milk  
1/3 cup chicken stock  
salt and pepper to taste

## Directions

Heat the oil in a skillet over medium heat. Stir in the onion and garlic, and cook until tender. Mix in the chicken, and cook 10 minutes, or until juices run clear.

Mix the cauliflower, curry powder and garlic salt into the skillet. Pour in the coconut milk and chicken stock. Season with salt and pepper. Reduce heat to low. Continue cooking, stirring occasionally, 30 minutes.

# Spicy Crab Curry - Bangla Style

## Ingredients

2 fresh Dungeness crabs, cleaned and with their shells cracked  
2 teaspoons ground turmeric  
1/2 teaspoon salt  
1 tablespoon mustard seed  
1 tablespoon hot water  
1 tablespoon mustard oil  
3 cups sliced red onion  
1 3/4 cups boiling potatoes, peeled, halved lengthwise, and cut crosswise into 1/4-inch slices  
2 whole cloves  
1 (1 inch) piece cinnamon stick  
2 pods green cardamom pods  
5 whole black peppercorns  
2 large tomatoes, coarsely chopped  
4 Thai green chiles  
1 1/2 teaspoons garlic paste  
1 1/2 teaspoons ginger paste  
1 teaspoon cayenne pepper  
salt to taste  
1 teaspoon white sugar

### Garnish:

1 wedge fresh lemon  
1/2 cup chopped fresh cilantro

## Directions

Rub the crabs with 1 teaspoon of the turmeric and 1/2 teaspoon salt; let them marinate for 1 hour. Combine the mustard seed and hot water in a small bowl and let stand for 10 minutes. Use a mortar and pestle to grind the seeds into a coarse paste.

Heat the oil in a wok or kadhai over medium heat. Add the crabs and stir fry until they change color, about 4 minutes. Remove the crabs from the oil and set aside.

Add the sliced onions to the wok and cook and stir over medium heat until the onions are translucent, about 5 minutes. Raise the heat to high, add the potatoes, and cook, stirring constantly, for about 2 minutes. Add the cloves, cinnamon stick, cardamom pods, and peppercorns, and stir for thirty seconds.

Stir in the tomatoes, ginger paste, and garlic paste. Halve three of the chiles and add them to the wok. Cook and stir for an additional minute or two over high heat. Reduce the heat to medium; add the remaining 1 teaspoon turmeric, the cayenne pepper, and the mustard paste and stir to combine. Add the crabs to the wok and pour in just enough water to cover the vegetables. Bring the water to a boil and stir in the sugar and salt to taste.

Cover the wok, reduce the heat, and simmer until the potatoes are tender and the water is reduced by half, about 10 minutes. Remove the lid, stir, and simmer until the gravy is thickened, about 5 minutes more.

Squeeze the lemon wedge over the finished dish. Garnish with chopped cilantro and sliced green chile and serve hot, with rice.

# Spicy Indian Chicken Curry Yummy

## Ingredients

3 tablespoons vegetable oil  
4 boneless, skinless chicken thighs, cut into bite-size pieces  
1 large white onion, finely chopped  
2 tablespoons ginger garlic paste  
2 tablespoons curry powder  
1/2 (2 inch) stick cinnamon stick, broken into pieces  
8 pods whole green cardamom pods  
4 bay leaves  
6 whole cloves  
1 tablespoon red pepper flakes, or to taste  
15 whole black peppercorns  
2 teaspoons coriander seeds

## Directions

Heat oil in a small pot over medium heat. Add chicken, onion, and ginger garlic paste. Season with curry powder, cinnamon stick, cardamom pods, bay leaves, cloves, red pepper flakes, black peppercorns, and coriander seeds. Cover, and simmer for about 30 minutes, stirring occasionally. At this point, gravy will be runny; if you want to thicken, remove lid, and cook until liquid is reduced.

# Fruited Curry Chicken Salad

## Ingredients

4 skinless, boneless chicken breast halves - cooked and diced  
1 stalk celery, chopped  
1/2 onion, chopped  
1 small apple - peeled, cored and chopped  
1/3 cup golden raisins  
1/3 cup seedless green grapes, halved  
1/2 cup chopped toasted pecans  
1/8 teaspoon ground black pepper  
1/2 teaspoon curry powder  
3/4 cup mayonnaise

## Directions

In a large salad bowl combine the chicken, celery, onion, apple, raisins, grapes, pecans, pepper, curry powder and mayonnaise. Mix all together, tossing to coat. Salad is ready to serve!

# Steamed Mussels with Curry

## Ingredients

1/4 cup curry powder  
2 teaspoons minced garlic  
2 pounds mussels, cleaned and  
debearded

## Directions

Fill a large pot with 1 inch of water. Stir in the curry powder and garlic, and bring to a boil. Add the mussels, and steam over high heat until they are all open, 5 to 10 minutes. Serve immediately.

# Sri Lanka Beef Curry

## Ingredients

3 pounds beef stew meat, cut into 1 inch cubes  
6 cloves garlic  
1 (1 inch) piece fresh ginger root - peeled, sliced and crushed  
3 1/2 tablespoons white vinegar  
2 teaspoons salt  
1 tablespoon ground black pepper  
1 tablespoon curry powder, toasted  
1 1/2 tablespoons cayenne pepper  
3 tablespoons vegetable oil  
8 fresh curry leaves  
4 strips pandan leaf  
1 onion, sliced  
1 (1 inch) piece cinnamon stick  
4 green cardamom pods  
2 whole cloves  
2 tablespoons tomato paste  
1 cup water  
1 cup thick coconut milk

## Directions

Rinse the beef and pat dry. Crush the garlic cloves into a paste and combine it with the crushed ginger. Add the vinegar, salt, pepper, roasted curry powder, and cayenne. Mix in the beef cubes and toss to coat. Set aside for 30 minutes.

Heat the oil in a Dutch oven over medium heat. Add the curry leaves and pandan strips. Stir in the onions. Cook, stirring frequently, until the onion has softened and turned translucent, about 5 minutes.

Mix in the beef cubes and cook until browned on all sides, about 10 minutes. Stir in the cinnamon stick, cardamom pods, and cloves. Add the tomato paste and water and mix well.

Simmer, covered, on low heat for 1 1/2 hours or until the meat is tender. Check the curry every half hour; you may need to add more water (up to 1 cup) if the curry is too dry and is sticking to the pan.

Add the coconut milk and heat through. Taste and adjust the seasonings before serving.

# Curry Party Mix

## Ingredients

1 teaspoon curry powder  
2 teaspoons Worcestershire sauce  
1 teaspoon garlic salt  
1/4 teaspoon ground cayenne pepper  
3 tablespoons maple syrup  
2/3 cup golden currants  
2 cups corn chips  
2 cups crispy corn cereal squares  
2 cups mini pretzels  
1 cup popped popcorn

## Directions

Preheat oven to 275 degrees F (135 degrees C).

In a medium saucepan over medium high heat, mix together curry powder, Worcestershire sauce, garlic salt, cayenne pepper, maple syrup and golden currants. Bring to a boil and remove from heat.

In a large bowl, toss together corn chips, crispy corn cereal squares, mini pretzels and popped popcorn. Pour in curry powder mixture and toss gently to attain an even coating.

Bake in the preheated oven 30 minutes, or until crisp and lightly browned.

# Easy Chicken Curry

## Ingredients

6 skinless, boneless chicken  
breast halves - cut into strips  
1/4 cup olive oil  
2 large onions, diced  
1/3 cup curry powder, or to taste

## Directions

Heat oil in a large skillet over medium heat. Add onion and saute until soft and golden brown. Slowly stir in curry powder. Once ingredients are blended together, add chicken breasts. Cover skillet and simmer over medium low heat for about 45 minutes or until chicken is cooked through and no longer pink inside.

Remove cover from skillet and cook for an additional 15 minutes, until sauce reduces. (Note: Make sure that you stir and that dish does not burn, as curry powder burns very easily!)

# Pumpkin Curry with Lentils and Apples

## Ingredients

1 cup red lentils  
1 cup brown lentils  
8 cups water  
1/2 teaspoon turmeric  
1 tablespoon canola oil  
1 large onion, diced  
2 tomatoes, cored and chopped  
3 cloves garlic, minced  
1 1/2 tablespoons curry powder,  
or to taste  
2 teaspoons ground cumin  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/4 teaspoon ground cloves  
2 cups peeled, cubed (1-inch),  
seeded pumpkin  
2 potatoes, unpeeled and  
chopped  
2 carrots, peeled and diced  
2 cups packed fresh spinach,  
chopped  
1 Granny Smith apple, unpeeled,  
cored and diced

## Directions

Place the red and brown lentils in a pan with the water and turmeric. Cook over medium-low heat until tender, about 45 minutes. Drain, reserving 2 1/2 cups of the cooking liquid.

Meanwhile, heat the canola oil in a large, deep pot over medium heat. Stir in the onion, and cook until tender and transparent, about 5 minutes. Stir in the tomatoes and garlic; cook 5 minutes more, stirring occasionally. Mix in the curry powder, cumin, salt, pepper, and cloves. Add the cooked lentils, reserved cooking liquid, pumpkin, potatoes, and carrots. Cover, and cook over medium-low heat until the vegetables are tender, 35 to 45 minutes. Stir in the spinach and apple. Cook until the pumpkin can be easily pierced with a fork, about 15 minutes more. Adjust seasonings to taste.

# Curry-Style Chicken and Spinach

## Ingredients

3 tablespoons butter  
2 pounds skinless, boneless  
chicken breast halves - cut into 1  
inch strips  
1/2 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon ground ginger  
1/4 teaspoon onion powder  
1/8 teaspoon crushed red pepper  
flakes  
2 teaspoons garlic, finely chopped  
1/2 cup chicken broth  
1 (10 ounce) package frozen  
chopped spinach  
1/3 cup heavy cream  
salt to taste

## Directions

Melt the butter in a large skillet over medium-high heat. Cook and stir the chicken in the butter about 5 minutes, until browned.

Season the chicken with the cumin, coriander, ginger, onion powder, and red pepper flakes. Mix in the garlic. Pour the chicken broth into the skillet, and bring the mixture to a boil.

Stir in the spinach and cook about 5 minutes. Mix in the heavy cream, and cook until heated through. Continue cooking until the chicken is no longer pink and juices run clear. Salt to taste.

# African Curry

## Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, peeled and chopped
- 1 bay leaf
- 1 (14.5 ounce) can whole peeled tomatoes, drained
- 2 teaspoons curry powder
- 1/8 teaspoon salt
- 1 (2 to 3 pound) whole chicken, bones and skin removed, cut into pieces
- 1 (14 ounce) can unsweetened coconut milk
- 1 lemon, juiced

## Directions

Heat olive oil in a large, heavy skillet over medium heat. Stir in the onion, garlic, and bay leaf, and saute until onion is lightly browned. Mix tomatoes, curry powder, and salt into the skillet, and continue cooking about 5 minutes. Mix in the chicken, and cook 15 to 20 minutes, until no longer pink and juices run clear.

Reduce skillet heat to low. Stirring constantly, gradually blend in the coconut milk over a period of about 10 minutes. Mix in lemon juice just before serving.

# Garam Masala Seared Salmon with Coconut-Curry

## Ingredients

3/4 cup dry white wine  
1/2 cup heavy cream  
1/3 cup coconut milk  
2 tablespoons curry powder  
1 cup cold, unsalted butter, cut into pieces  
kosher salt to taste  
1/4 cup vegetable oil  
8 (6 ounce) fillets Alaskan king salmon  
2 tablespoons garam masala  
kosher salt to taste

## Directions

Pour white wine, cream, and coconut milk into a saucepan; season with curry powder. Bring to a light boil over medium-high heat, then reduce heat to medium-low, and simmer until the liquid has reduced to 1/2 cup, about 10 minutes.

When the liquid has reduced, turn heat to low, and whisk in the butter, a few cubes at a time, until all of the butter has incorporated. Do not allow the mixture to boil or else it will separate. When the butter has incorporated, season to taste with salt and set aside to keep warm.

Heat the oil in a saute pan over medium-high heat until it begins to smoke. While the oil is heating, lightly season both sides of the salmon with garam masala and salt.

Sear the salmon in the hot oil for 3 to 4 minutes on one side, then turn over, and continue cooking for 2 to 3 minutes until done. Briefly drain on paper towels to absorb excess oil, then serve immediately with the curry butter sauce.

# Goof Proof Coconut Curry Chicken

## Ingredients

1 potato, cubed  
1/2 pound chicken thighs, cut into pieces  
2 tablespoons vegetable oil  
1 green bell pepper, seeded and cubed  
1 small onion, chopped  
1/2 cup coconut milk  
5 tablespoons curry sauce  
1/2 teaspoon salt  
1 cup water, divided  
1 teaspoon cornstarch

## Directions

Place cubed potatoes in a microwave-safe dish and heat in the microwave on High for 5 minutes.

Heat oil in a large skillet over medium heat. Place chicken in oil and cook to brown. Then stir in green peppers and onions; cook about 4 minutes. Stir in potato, coconut milk, curry sauce, salt, and 3/4 cup water.

Mix together cornstarch and 1/4 cup water. Stir into skillet, and simmer 10 minutes.

# Channa Masala (Chickpea Curry)

## Ingredients

2 tomatoes, diced  
1 onion, chopped  
1 (1 inch) piece fresh ginger,  
peeled and roughly chopped  
1 tablespoon rice flour  
1 tablespoon olive oil  
1 teaspoon cumin seeds  
2 (15 ounce) cans garbanzo  
beans, rinsed and drained  
1 teaspoon curry powder  
1 teaspoon salt  
1 teaspoon chopped fresh cilantro

## Directions

Combine the tomatoes, about half the onion, the ginger, and rice flour in a blender; blend into a paste.

Heat the oil and cumin seeds in a large skillet over medium-high heat until the cumin swells and turns golden brown. Cook the remaining onion in the hot oil for about 3 minutes. Stir the blended tomato mixture, garbanzo beans, curry powder, and salt into the onions; cover and cook until hot, about 5 minutes. Garnish with the cilantro to serve.

# Coconut Curry Black Bean Burgers - Thai Style!

## Ingredients

1 (15 ounce) can black beans, rinsed and drained  
1 tablespoon finely chopped red onion  
1 clove garlic, minced  
1/2 teaspoon salt  
1 teaspoon Thai chile sauce  
1 teaspoon yellow curry paste  
2 tablespoons coconut milk  
1 teaspoon brown sugar  
1 pinch cayenne pepper  
1 egg  
1 cup Italian bread crumbs  
1 (1 pound) package crumbled tofu  
1 (12 ounce) package vegetarian burger crumbles

1 cup chunky peanut butter  
1 teaspoon Thai chile sauce  
1 teaspoon brown sugar  
1/2 teaspoon salt  
1/2 teaspoon ground turmeric  
1 dash soy sauce (optional)  
1 tablespoon canola oil

6 whole wheat hamburger buns  
1/2 cup shredded carrots  
1/2 cup shredded cucumber  
1 tablespoon chopped green onion  
2 tablespoons fresh mint leaves  
2 tablespoons fresh cilantro leaves

## Directions

Blend the black beans, red onion, garlic, 1/2 teaspoon salt, 1 teaspoon chile sauce, curry paste, coconut milk, 1 teaspoon brown sugar, cayenne pepper, and egg in a food processor until smooth. Scrape the mixture into a large bowl. Fold the bread crumbs and burger crumbles into the mixture. Form the mixture into 6 patties and place on waxed paper. Put in freezer for up to 30 minutes for patties to set.

Prepare a grill pan or skillet with cooking spray and place over medium heat. Cook the patties until browned, 4 to 5 minutes per side.

Meanwhile, combine the peanut butter, 1 teaspoon chile sauce, 1 teaspoon brown sugar, 1/2 teaspoon salt, turmeric, soy sauce, and canola oil in a saucepan over medium-low heat. Cook and stir until the peanut butter is melted. Reduce heat to low and simmer until hot, 3 to 5 minutes.

Arrange patties on bottoms of hamburger buns. Drizzle sauce over each patty; top with carrot, cucumber, green onion, mint, and cilantro. Top with remaining bun halves and serve immediately.

# Cinnamon-Curry Pecans

## Ingredients

1 cup water  
1 cup white sugar  
1/2 teaspoon vanilla extract  
1/2 teaspoon baking powder  
1 teaspoon ground cinnamon  
1/2 teaspoon red curry powder  
1 1/2 cups pecan halves

## Directions

Bring water and sugar to a boil in a saucepan over medium-high heat. Heat to between 234 and 240 degrees F (112 to 116 degrees C), or until a small amount of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface, about 15 minutes. Lightly oil a baking sheet.

Remove the syrup from the stove, then stir in the vanilla extract, baking powder, cinnamon, and curry powder. Add the pecan halves, return the saucepan to the stove, and stir until the pecans are well coated with the sugar mixture. Continue cooking and stirring until the sugar sticks to and hardens on the pecans, about 5 minutes. Spread out onto prepared cookie sheet and allow to cool to room temperature before breaking into individual pieces.

# Spicy Beef Curry Stew for the Slow Cooker

## Ingredients

1 tablespoon olive oil  
1 pound beef stew meat  
salt and pepper to taste  
2 cloves garlic, minced  
1 teaspoon chopped fresh ginger  
1 fresh jalapeno peppers, diced  
1 tablespoon curry powder  
1 (14.5 ounce) can diced tomatoes with juice  
1 onion, sliced and quartered  
1 cup beef broth

## Directions

Heat the olive oil in a skillet over medium heat, and brown the beef on all sides. Remove from skillet, reserving juices, and season with salt and pepper. Cook and stir the garlic, ginger, and jalapeno in the skillet for 2 minutes, until tender, and season with curry powder. Mix in the diced tomatoes and juice.

Place the onion in the bottom of a slow cooker, and layer with the browned beef. Scoop the skillet mixture into the slow cooker, and mix in the beef broth.

Cover, and cook 6 to 8 hours on Low.

# Machhere Jhol (Bengali Fish Curry)

## Ingredients

2 large tomatoes, coarsely chopped  
2 teaspoons ground cumin  
1 tablespoon ground turmeric  
1/2 teaspoon salt  
2 cups water  
1 tablespoon vegetable oil  
2 pounds thick whitefish fillets, cut into large chunks  
1/2 teaspoon mustard seeds  
1/2 teaspoon cumin seeds  
1/2 teaspoon black cumin seeds  
1/4 teaspoon fennel seeds, lightly crushed  
1/4 teaspoon fenugreek seeds

## Directions

Bring the tomatoes, cumin, turmeric, salt, and water to a boil in a four quart saucepan; reduce heat to medium and maintain a simmer.

Heat the oil in a skillet over medium-high heat; cook the fish in the oiled skillet until golden brown, 2 to 3 minutes per side. Transfer the fish to the saucepan.

Heat a separate skillet over medium heat, and toast the mustard seeds, cumin seeds, black cumin seeds, fennel seeds, and fenugreek seeds until fragrant, just a few seconds. Stir the spices into the saucepan. Simmer until the flavors integrate, about 10 minutes more. Serve hot.

# Green Curry Cod

## Ingredients

1 (8 ounce) can coconut cream  
1 (12 ounce) can green curry  
sauce  
1 teaspoon dried dill weed  
salt and pepper to taste  
1 tablespoon olive oil  
1 medium green bell pepper,  
thinly sliced  
1 medium red onion, thinly sliced  
1/2 leek, thinly sliced  
3 cloves garlic, diced  
1 pound cod

## Directions

Preheat oven to 375 degrees F (190 degrees C).

In a saucepan over medium-low heat, mix the coconut cream, curry sauce, dill, salt, and pepper. Cook until heated through.

Heat the olive oil in a skillet over medium-high heat, and cook the pepper, onion, leek, and garlic about 5 minutes.

Place the cod in a baking dish. Cover with the vegetables, and top with the coconut cream mixture.

Bake 30 minutes in the preheated oven, stirring sauce and vegetables occasionally, until fish is easily flaked with a fork.

# Curry Powder

## Ingredients

1 teaspoon urad dal  
1 teaspoon chana dal  
1/2 teaspoon fenugreek seeds  
1/2 teaspoon cumin seeds  
1/2 teaspoon coriander seeds  
8 dried whole red chilies, or to taste  
5 whole black peppercorns, or to taste  
3/4 teaspoon mustard seeds  
1 teaspoon ground turmeric

## Directions

Combine the urad dal, chana dal, fenugreek seeds, cumin seeds, coriander seeds, red chilies, black peppercorns, and mustard seeds, in a small skillet over medium heat until brown, 5 to 10 minutes. Remove from heat and allow to cool completely. Once cooled, mix in the turmeric; transfer mixture in batches to a coffee grinder or spice mill and grind into a powder.

# Lamb, Carrot, and White Bean Curry Stew

## Ingredients

- 1 pound ground lamb
- 1 onion, grated
- 1 egg
- 3 tablespoons minced fresh dill
- 1/4 cup minced fresh cilantro
- 2 teaspoons coarse salt
- 1 tablespoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground cinnamon
- 1 teaspoon ground black pepper
- 1/4 cup olive oil
- 1 (8 ounce) package baby carrots
- 2 (15.5 ounce) cans cannellini beans
- 1 cup water
- 1 tablespoon sour cream

## Directions

Mix together the ground lamb, onion, egg, dill, cilantro, salt, cumin, turmeric, cinnamon, and pepper in a bowl until evenly incorporated.

Heat the olive oil in a skillet over medium-high heat. Crumble the lamb mixture into the skillet and cook until no longer pink, 5 to 10 minutes. Add the carrots to the mixture; reduce heat to medium. Pour in the contents of the 2 cans of beans and the water; stir. Simmer mixture 25 minutes. Stir the sour cream through the mixture; cook until the liquid thickens, 5 to 10 minutes.

# Chicken Curry Croissants

## Ingredients

4 skinless, boneless chicken breast halves  
1 tablespoon peanut oil  
1 teaspoon curry powder  
4 plain croissants, split in half  
4 tablespoons chutney  
4 tablespoons mayonnaise  
lettuce  
tomato slices  
red onion slices  
salt and pepper to taste

## Directions

In a skillet over medium heat, add the curry powder and stir a few seconds until it becomes fragrant. Stir in the oil. Cook the chicken in the seasoned oil for about 5 to 8 minutes on each side, or until done.

Spread chutney sauce on one side of each croissant, and the mayonnaise on the other side. Cut the cooked chicken to fit the croissants (I cut them into slices), and layer with lettuce, tomatoes, and red onion. Sprinkle with a little salt and pepper, and serve.

# Curry Chicken Salad

## Ingredients

3 eggs  
2 cups chopped, cooked chicken meat  
4 stalks celery, chopped  
1/4 cup chopped green onions  
2 tablespoons dill pickle relish  
1 1/2 teaspoons curry powder  
2 tablespoons mayonnaise

## Directions

Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

In a large bowl, combine the chicken, celery, eggs, green onions, dill relish, curry and mayonnaise. Stir together until mixed well. Refrigerate until chilled.

# Indian Chicken Curry I

## Ingredients

8 bone-in chicken breast halves, skinless  
salt and pepper to taste  
1 tablespoon olive oil  
2 onions, peeled and quartered  
1 teaspoon finely chopped fresh ginger root  
1 teaspoon crushed garlic  
1 tablespoon hot (Madras) curry powder  
1 (15 ounce) can tomato sauce  
1 (10 ounce) can coconut milk  
4 whole cloves  
4 pods cardamom  
1 cinnamon stick  
salt to taste

## Directions

Rinse chicken and pat dry; season with salt and pepper to taste. Heat oil in a large skillet over medium high heat, then saute chicken until browned. Remove chicken from skillet and set aside.

Saute onions in skillet until translucent; add ginger and garlic and saute until fragrant, then stir in curry powder.

Return chicken to skillet and add tomato sauce, coconut milk, cloves, cardamom and cinnamon stick. Season with salt to taste and stir all together.

Reduce heat to low and simmer until chicken is tender and cooked through (no longer pink inside), about 20 to 25 minutes.

# Sherry Chicken Curry

## Ingredients

2 tablespoons vegetable oil  
4 skinless, boneless chicken breast halves - cut into chunks  
1/2 cup cornstarch  
3 cloves garlic, crushed  
1 large onion, cut into chunks  
salt and pepper to taste  
1/2 cup cooking sherry  
2 cubes beef bouillon  
1/2 cup creamy peanut butter  
3 tablespoons curry powder  
water to cover  
1/2 teaspoon ground ginger  
1 cup coconut milk

## Directions

Heat oil in a large skillet over medium high heat. Coat chicken with cornstarch and place in skillet with garlic, onion, salt and pepper. Add sherry and beef bouillon and let liquid reduce a little.

Stir in peanut butter and curry powder and add water to cover; add ginger, reduce heat to low and simmer for 30 minutes, then lastly stir in coconut milk and serve hot.

# Curry Lamb Chops

## Ingredients

4 (4 ounce) lamb loin chops  
1 tablespoon canola oil  
3/4 cup orange juice  
2 tablespoons reduced sodium  
teriyaki sauce  
2 teaspoons grated orange peel  
1 teaspoon curry powder  
1 garlic clove, minced  
1 teaspoon cornstarch  
2 tablespoons cold water  
Hot cooked rice

## Directions

In a skillet, brown the lamb chops on both sides in oil; drain. Combine the orange juice, teriyaki sauce, orange peel, curry and garlic; pour over lamb. Cover and simmer for 15-20 minutes or until meat is tender.

Remove chops and keep warm. Combine cornstarch and water until smooth; stir into pan drippings. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve lamb and gravy with rice if desired.

# Pakistani Lentil Curry

## Ingredients

3/4 cup dry brown lentils  
1/4 cup dry red lentils  
4 cups water  
5 whole garlic cloves  
3/4 teaspoon salt  
1/2 teaspoon ground coriander  
1/2 teaspoon cayenne pepper, or  
to taste  
1/4 teaspoon ground turmeric  
2 tablespoons clarified butter  
1/4 onion, sliced  
1 teaspoon ground cumin  
1/8 cup milk (optional)  
1 tablespoon minced fresh cilantro

## Directions

Soak brown and red lentils in ample cool water for 1 hour to overnight. Drain and rinse.

Place drained lentils into a large saucepan or Dutch oven. Pour in the water, then add garlic, salt, coriander, cayenne, and turmeric. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the lentils are tender, about 30 minutes.

While the lentils cook, melt the clarified butter in a skillet over medium heat. Stir in the onions, and cook, stirring often, until they turn golden brown. Stir in the cumin, and cook until fragrant, about 1 minute.

Stir the onions and milk into the lentils; cook for another 6 to 8 minutes. Sprinkle with cilantro to serve.

# Curry Pumpkin Soup

## Ingredients

2 tablespoons pumpkin seeds  
(optional)  
2 tablespoons butter  
3 tablespoons all-purpose flour  
2 tablespoons curry powder  
4 cups vegetable broth  
1 (29 ounce) can pumpkin  
1 1/2 cups half-and-half cream  
2 tablespoons soy sauce  
1 tablespoon white sugar  
salt and pepper to taste

## Directions

Preheat oven to 375 degrees F (190 degrees C). Arrange pumpkin seeds in a single layer on a baking sheet. Toast in preheated oven for about 10 minutes, or until seeds begin to brown.

Melt butter in a large pot over medium heat. Stir in flour and curry powder until smooth. Cook, stirring, until mixture begins to bubble. Gradually whisk in broth, and cook until thickened. Stir in pumpkin and half-and-half. Season with soy sauce, sugar, salt, and pepper. Bring just to a boil, then remove from heat. Garnish with roasted pumpkin seeds.

# Aloo Gobi Masala (Cauliflower and Potato Curry)

## Ingredients

1 head cauliflower, cut into 1-inch florets  
3 potatoes, peeled and cut into 1-inch chunks  
1 tablespoon olive oil  
1 teaspoon cumin seeds  
2 tomatoes, diced  
1 onion, chopped  
1 teaspoon salt  
1 teaspoon curry powder

## Directions

Place the cauliflower in a large, microwave-safe dish; cook in microwave on High for 3 minutes. Transfer the cauliflower to a bowl and set aside. Put the potatoes in the dish and cook in the microwave on High for 4 minutes. Pour into the bowl with the cauliflower.

Heat the olive oil and cumin seeds in a large skillet over medium-high heat until the cumin swells and turns golden brown; stir the onions into the oil and cook about 3 minutes. Add the tomatoes and cook and stir another 3 minutes. Fold the cauliflower and potatoes into the mixture. Season with the curry powder and salt. Continue cooking until completely hot, 3 to 5 minutes. Serve hot.

# Thai Chicken Curry in Coconut Milk

## Ingredients

1 tablespoon vegetable oil  
1 teaspoon curry paste  
1 1/4 pounds skinless, boneless chicken breast meat - cut into strips  
1 onion, coarsely chopped  
1 red bell pepper, cut into strips  
1 tablespoon grated lemon zest  
1 cup light coconut milk  
1 tablespoon fish sauce  
1 tablespoon fresh lemon juice  
1/3 cup chopped fresh cilantro

## Directions

Heat the oil in a large skillet over high heat; heat the curry paste in the oil about 30 seconds. Add the chicken and cook another 3 minutes. Stir in the onion, bell pepper, lemon zest, coconut milk, fish sauce, and lemon juice; bring to a boil; cook until the chicken is cooked through, 5 to 7 minutes. Sprinkle cilantro over the dish; stir. Serve hot.

# Coconut Curry Cabbage

## Ingredients

1 tablespoon olive oil  
2 tablespoons butter  
1 small yellow onion, thinly sliced  
1 cup julienned carrots  
1 clove garlic, minced  
1 small head cabbage, sliced  
1/2 cup fresh shredded coconut  
2 tablespoons Indian curry powder  
3/4 cup coconut milk  
salt and pepper to taste  
1/4 cup diced fresh tomato  
1/4 cup chopped green onions  
1/4 cup chopped cilantro

## Directions

Place a large skillet or wok over high heat. Heat the oil and butter until smoking. Stir fry the onion, carrot, and garlic until the onion begins to soften, about 1 minute. Add the cabbage, coconut, and curry powder; stir fry for 2 more minutes.

Reduce heat to medium-low; pour in the coconut milk, and season to taste with salt and pepper. Cover, and cook to desired doneness. To serve, sprinkle with tomato, green onions, and cilantro.

# Thai Red Curry Tofu Soup

## Ingredients

1 (14 ounce) can coconut milk  
2 cups vegetable broth  
1 (1 inch) piece galangal  
2 stalks lemon grass, bruised and chopped  
5 kaffir lime leaves, torn  
1/2 teaspoon Thai red curry paste  
1 (12 ounce) package extra firm tofu, drained and cubed  
1/2 cup stemmed and sliced shiitake mushrooms  
1/2 cup sliced button mushrooms  
2 tablespoons fresh lime juice  
2 1/2 tablespoons brown sugar  
1/8 teaspoon turmeric powder  
4 ounces dry rice stick noodles  
1/2 teaspoon crushed red pepper flakes

## Directions

Bring coconut milk, broth, galangal, lemon grass, and kaffir leaves to a simmer in a large pot over medium heat. Simmer for 15 minutes, but do not allow broth to come to a full boil.

Strain the broth and discard the solids. Whisk in red curry paste, then add tofu, shiitake mushrooms, button mushrooms, lime juice, brown sugar, and turmeric to the soup. Continue simmering until mushrooms have softened, about 10 minutes.

Meanwhile, bring a large pot of lightly salted water to a boil. Add rice stick noodles, and cook for 3 to 4 minutes until tender; drain. Place drained noodles into individual bowls, then ladle soup over the noodles. Garnish with crushed red pepper flakes.

# Traditional Chicken Curry

## Ingredients

1 pound skinless, boneless chicken breast halves - cut into bite-size pieces  
1 tablespoon fresh lemon juice  
salt and pepper to taste  
3 tablespoons olive oil  
1 teaspoon cumin seed  
1 large onion, finely chopped  
2 cloves garlic, minced  
1 teaspoon minced fresh ginger  
1 (8 ounce) can peeled, chopped tomatoes  
1 teaspoon chili powder  
1/2 teaspoon ground turmeric  
1 teaspoon garam masala  
1/2 teaspoon ground cumin  
1 pinch ground coriander  
1/2 teaspoon paprika  
3 tablespoons plain yogurt  
2 medium potatoes, peeled and cut into 1 inch cubes  
1 1/2 cups water  
1 (5.5 ounce) can tomato juice  
fresh chopped cilantro, for garnish

## Directions

In a large bowl, toss the chicken pieces with lemon juice, salt, and pepper to coat. Set aside.

Heat oil in a large, heavy saucepan over medium heat. Stir in cumin seed and cook 1 minute, until lightly toasted. Mix in onion, garlic, and ginger. Cook until onion is tender. Add tomatoes, and season with chili powder, turmeric, garam masala, ground cumin, coriander, and paprika. Continue to cook and stir 2 minutes.

Mix yogurt into the saucepan until well blended. Add chicken pieces, and potatoes. Mix in water and tomato juice. Reduce heat to medium-low. Cover and simmer about 40 minutes. Adjust seasonings to taste and garnish with fresh cilantro before serving.

# Indian Fish Curry

## Ingredients

For the marinade:

2 teaspoons Dijon mustard  
1 teaspoon ground black pepper  
1/2 teaspoon salt  
2 tablespoons canola oil

4 white fish fillets  
1 onion, coarsely chopped  
4 cloves garlic, roughly chopped  
1 (1 inch) piece fresh ginger root, peeled and chopped  
5 cashew halves  
1 tablespoon canola oil  
2 teaspoons cayenne pepper, or to taste  
1/2 teaspoon ground turmeric  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon salt  
1 teaspoon white sugar  
1/2 cup chopped tomato  
1/4 cup vegetable broth  
1/4 cup chopped fresh cilantro

## Directions

Mix the mustard, pepper, 1/2 teaspoon salt, and 2 tablespoons of canola oil in a shallow bowl. Add the fish fillets, turning to coat. Marinate the fish in the refrigerator for 30 minutes.

Combine the onion, garlic, ginger, and cashews in a blender or food processor and pulse until the mixture forms a paste.

Preheat an oven to 350 degrees F (175 degrees C).

Heat 1 tablespoon of canola oil in a skillet over medium-low heat. Stir in the prepared paste; cook and stir for a minute or two. Add the cayenne pepper, turmeric, cumin, coriander, 1 teaspoon salt, and sugar. Cook and stir for an additional five minutes. Stir in the chopped tomato and vegetable broth.

Arrange the fish fillets in a baking dish, discarding any extra marinade. Top the fish with the sauce, cover the baking dish, and bake in the preheated oven until the fish flakes easily with a fork, about 30 minutes. Garnish with chopped cilantro.

# Maharaja Curry

## Ingredients

2 tablespoons vegetable oil  
1 teaspoon cumin seed  
2 medium onions, finely chopped  
1 teaspoon ground turmeric  
1 teaspoon cayenne pepper to taste  
1 teaspoon garam masala  
1 clove garlic, minced  
1 tablespoon minced ginger  
5 peeled, seeded, and chopped tomatoes  
1 pound skinless, boneless chicken breast meat - cubed

## Directions

Heat oil in a large saucepan over medium heat. Stir in cumin seed and cook until they start to pop, 20 to 45 seconds. Stir in onion, and cook until golden brown, about 5 minutes. Season with turmeric, cayenne, garam masala, garlic, and ginger. Cook for 1 to 2 minutes until fragrant.

Puree the mixture with the tomatoes in a blender until smooth. Return the puree to the saucepan, and add the chicken. Simmer gently until the chicken has cooked, about 20 minutes; add water as needed while cooking to maintain desired consistency.

# Thai Monkfish Curry

## Ingredients

1 tablespoon peanut oil  
1/2 sweet onion, finely chopped  
1 red bell pepper, chopped  
3 tablespoons red Thai curry paste  
1 (14 ounce) can coconut milk  
12 ounces monkfish, cut into cubes  
1 tablespoon fish sauce  
2 tablespoons lime juice  
2 tablespoons cilantro, chopped

## Directions

Heat peanut oil in a large sauce pan over medium heat. Stir in chopped onion, and cook until softened and translucent, 3 to 5 minutes. Add red bell pepper and continue to cook for 3 to 5 more minutes, until softened. Stir in the curry paste and cook for 1 minute. Pour in the coconut milk and slowly bring to a simmer.

Once coconut milk begins to simmer, stir in cubed monkfish, and simmer 7 to 10 minutes, or until the fish is firm and the center is no longer opaque. Stir in fish sauce, lime juice, and cilantro before serving.

# Marrakesh Vegetable Curry

## Ingredients

1 sweet potato, peeled and cubed  
1 medium eggplant, cubed  
1 green bell pepper, chopped  
1 red bell pepper, chopped  
2 carrots, chopped  
1 onion, chopped  
6 tablespoons olive oil  
3 cloves garlic, minced  
1 teaspoon ground turmeric  
1 tablespoon curry powder  
1 teaspoon ground cinnamon  
3/4 tablespoon sea salt  
3/4 teaspoon cayenne pepper  
1 (15 ounce) can garbanzo beans, drained  
1/4 cup blanched almonds  
1 zucchini, sliced  
2 tablespoons raisins  
1 cup orange juice  
10 ounces spinach

## Directions

In a large Dutch oven place sweet potato, eggplant, peppers, carrots, onion, and three tablespoons oil. Saute over medium heat for 5 minutes.

In a medium saucepan place 3 tablespoons olive oil, garlic, turmeric, curry powder, cinnamon, salt and pepper and saute over medium heat for 3 minutes.

Pour garlic and spice mixture into the Dutch oven with vegetables in it. Add the garbanzo beans, almonds, zucchini, raisins, and orange juice. Simmer 20 minutes, covered.

Add spinach to pot and cook for 5 more minutes. Serve!

# Beef and Spinach Curry

## Ingredients

2 tablespoons ghee (clarified butter)  
2 cloves garlic, crushed  
1 large onion, finely sliced  
2 serrano peppers, thinly sliced  
2 whole cloves, bruised  
1 teaspoon garam masala  
1 teaspoon ground coriander  
1/2 teaspoon chile powder  
1 teaspoon turmeric  
1 1/2 teaspoons ground cumin  
1 1/2 pounds beef tenderloin, cubed  
1 teaspoon salt  
1 cup chopped tomatoes  
2/3 cup coconut milk  
1 (10 ounce) bag spinach  
1 teaspoon lemon juice

## Directions

Heat the ghee in a large saucepan over medium heat. Stir in the garlic and onion, and cook until softened, about 5 minutes. Add the serrano, and continue to cook for another 3 minutes. Season with the cloves, garam masala, coriander, chile powder, turmeric, and cumin, cook for 2 to 3 more minutes to release the flavor.

Stir in the beef and salt, cook for 3 minutes more. Add the tomatoes, coconut milk, and spinach. Bring to a simmer, then cover, and cook for 20 minutes, stirring occasionally.

Uncover, then stir in the lemon juice, and cook for 10 more minutes, stirring frequently, until the sauce has thickened.

# Quick Vegetable Curry

## Ingredients

2 potatoes, peeled and diced  
2 carrots, diced  
1/2 cup frozen corn kernels  
1/2 cup frozen green peas  
2 tablespoons olive oil  
1 large onion, finely sliced  
1 (14.4 ounce) can chopped tomatoes with juice  
1 (14.5 ounce) can kidney beans, drained and rinsed  
1 (15.5 ounce) can garbanzo beans, drained and rinsed  
6 tablespoons water  
1/2 teaspoon ground turmeric  
1/2 teaspoon chili powder, or more to taste  
1/2 teaspoon cumin  
1/2 teaspoon ground coriander  
1 teaspoon mustard seed  
salt to taste (optional)  
1 (13.5 ounce) can coconut milk

## Directions

Bring a large saucepan of lightly salted water to a boil. Place the potatoes and carrots in the boiling water, and cook until softened, 5 to 6 minutes. Add the peas and corn to the boiling water, and turn off the heat. Wait 1 minute, and drain the vegetables. Cover to keep warm.

Heat the olive oil in a large skillet over medium heat. Stir in the onions, and cook until the onions are transparent, 5 to 7 minutes. Combine the tomatoes, kidney beans, garbanzo beans, and water with the onions. Stir in the turmeric, chili powder, cumin, coriander, and mustard seed until blended. Season with salt to taste. Add the potatoes, carrots, peas, and corn. Turn the heat to high, and cook the vegetables 5 to 10 minutes, stirring occasionally. Lower the heat to medium, and cook another 7 minutes.

Pour the coconut milk into the vegetable mixture. Stir and cook for just 3 minutes to prevent the milk from curdling or separating. Remove from the heat and serve.

# Indian Chicken Curry (Murgh Kari)

## Ingredients

2 pounds skinless, boneless chicken breast halves  
2 teaspoons salt  
1/2 cup cooking oil  
1 1/2 cups chopped onion  
1 tablespoon minced garlic  
1 1/2 teaspoons minced fresh ginger root  
1 tablespoon curry powder  
1 teaspoon ground cumin  
1 teaspoon ground turmeric  
1 teaspoon ground coriander  
1 teaspoon cayenne pepper  
1 tablespoon water  
1 (15 ounce) can crushed tomatoes  
1 cup plain yogurt  
1 tablespoon chopped fresh cilantro  
1 teaspoon salt  
1/2 cup water  
1 teaspoon garam masala  
1 tablespoon chopped fresh cilantro  
1 tablespoon fresh lemon juice

## Directions

Sprinkle the chicken breasts with 2 teaspoons salt.

Heat the oil in a large skillet over high heat; partially cook the chicken in the hot oil in batches until completely browned. Transfer the browned chicken breasts to a plate and set aside.

Reduce the heat under the skillet to medium-high; add the onion, garlic, and ginger to the oil remaining in the skillet and cook and stir until the onion turns translucent, about 8 minutes. Stir the curry powder, cumin, turmeric, coriander, cayenne, and 1 tablespoon of water into the onion mixture; allow to heat together for about 1 minute while stirring. Mix the tomatoes, yogurt, 1 tablespoon chopped cilantro, and 1 teaspoon salt into the mixture. Return the chicken breast to the skillet along with any juices on the plate. Pour 1/2 cup water into the mixture; bring to a boil, turning the chicken to coat with the sauce. Sprinkle the garam masala and 1 tablespoon cilantro over the chicken.

Cover the skillet and simmer until the chicken breasts are no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Sprinkle with lemon juice to serve.

# Coconut-Curry Lentil Stew Served over Quinoa

## Ingredients

2 cups quinoa  
3 1/2 cups water  
1 tablespoon salt  
  
2 tablespoons coconut oil  
1 small onion, chopped  
6 cloves garlic, minced  
5 large tomatoes, chopped  
1 cup water  
1 (14 ounce) can coconut milk  
1 tablespoon molasses  
1/4 cup coconut powder  
1 (4 inch) cinnamon stick  
3 tablespoons curry powder  
2 tablespoons ground coriander  
2 cups red lentils  
salt and pepper to taste  
1 bunch fresh cilantro, chopped

## Directions

Soak the quinoa in a bowl filled with cold water for 5 minutes, then drain using a fine mesh strainer, and rinse with running water. Set the strainer aside so the quinoa can drain, then bring 3 1/2 cups of water and 1 tablespoon of salt to a boil in a saucepan. Stir in the quinoa, cover, and reduce the heat to medium-low. Simmer until the quinoa has absorbed the liquid and is tender, about 15 minutes. Set aside, and keep warm.

Melt the coconut oil in a large saucepan over medium heat. Add the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the tomatoes, and cook for 5 minutes more. Pour in the water and coconut milk, and add the molasses, coconut powder, cinnamon, curry powder, and ground coriander. Bring to a simmer over medium-high heat, then stir in the lentils, and cook until just tender, 10 to 15 minutes. Stir frequently as the lentils cook to keep them from sticking. Be careful not to overcook them, as they will quickly lose shape and become a paste.

Once the lentils are done, season to taste with salt and pepper, and stir in the chopped cilantro. Serve the lentil stew over a bed of quinoa.

# Curry and Coconut Milk Soup

## Ingredients

2 teaspoons vegetable oil  
1 cup finely diced onion  
1 cup chopped carrot  
1 cup finely diced red pepper  
4 cups chicken or vegetable stock  
1 cup coconut milk  
1 (341 ml) bottle VHB® Yellow Curry Sauce  
2 cups baby spinach  
1/2 cup finely sliced green onions  
1/4 cup finely chopped fresh cilantro

## Directions

In a large pot saute onion, carrot and pepper in vegetable oil over medium heat. Cook until tender, about 10 minutes.

Add stock, coconut milk and VHB® Yellow Curry sauce; simmer over low heat for 15 minutes.

Stir in spinach, green onions and cilantro, cook 1 minute and serve.

# Lentil Curry Soup

## Ingredients

- 2 tablespoons olive oil
- 1 onion, diced
- 3 cloves garlic, chopped
- 1 cup broccoli florets
- 4 stalks celery, chopped
- 1 baking potato
- 5 cups vegetable broth
- 1 1/2 cups cooked white rice
- 1 1/2 cups uncooked green lentils
- 2 teaspoons curry powder

## Directions

Heat the oil in a stock pot over medium heat. Add the onion, garlic, broccoli and celery; cook and stir until tender. Meanwhile, peel the potato and heat in the microwave for 5 to 10 minutes, or until tender. Transfer the potato and vegetables to a food processor and blend until smooth. Return to the pot and bring to a boil.

Add the cooked rice, lentils and curry powder. Simmer over low heat, covered, until lentils are soft, about 45 minutes.

# Bengali Chicken Curry with Potatoes

## Ingredients

2 tablespoons olive oil  
2 large onions, diced  
1 tablespoon ginger-garlic paste  
2 large tomatoes, diced  
1 teaspoon cayenne pepper, or more to taste  
1 teaspoon curry powder  
1 teaspoon garam masala  
1 teaspoon ground turmeric  
1 teaspoon ground cumin  
4 skinless, boneless chicken breast halves - cut into bite-size pieces  
2 large red-skinned potatoes, chopped  
1/2 cup fresh cilantro

## Directions

Heat the olive oil in a large skillet over medium-high heat. Cook and stir the onions in the hot oil until translucent, about 5 minutes. Add the ginger-garlic paste and continue cooking another 5 minutes. Reduce heat to medium; stir the tomatoes into the mixture and cook until the tomatoes are pulpy, 5 to 10 minutes. Season with the cayenne pepper, curry powder, garam masala, turmeric, and cumin; cook and stir another 5 minutes.

Add the chicken and potatoes to the mixture in the skillet; simmer, stirring occasionally, until the potatoes are tender and the chicken is no longer pink in the center, about 20 minutes. Sprinkle the cilantro over the mixture and continue simmering another 10 minutes. Serve hot.

# Lime-Curry Tofu Stir-fry

## Ingredients

2 tablespoons peanut oil  
1 (16 ounce) package extra-firm tofu, cut into bite-sized cubes  
1 tablespoon minced fresh ginger root  
2 tablespoons red curry paste  
1 pound zucchini, diced  
1 red bell pepper, diced  
3 tablespoons lime juice  
3 tablespoons soy sauce  
2 tablespoons maple syrup  
1 (14 ounce) can coconut milk  
1/2 cup chopped fresh basil

## Directions

Heat the peanut oil in a wok or large skillet over high heat. Add the tofu and stir-fry until golden brown. Remove the tofu and set aside, leaving the remaining oil in the wok.

Stir the ginger and curry paste into the hot oil for a few seconds until the curry paste is fragrant and the ginger begins to turn golden. Add the zucchini and bell pepper; cook and stir for 1 minute. Pour in the lime juice, soy sauce, maple syrup, coconut milk, and tofu. Bring the coconut milk to a simmer, and cook a few minutes until the vegetables are tender and the tofu is hot. Stir in the chopped basil just before serving.

# Tofu and Noodle Coconut-Curry Soup

## Ingredients

1 tablespoon olive oil  
1 onion, finely chopped  
2 cloves garlic, minced  
1/4 cup water  
2 carrots, chopped  
1/2 zucchini, chopped  
1 1/2 tablespoons ground coriander  
1 1/2 tablespoons ground cumin  
2 1/2 teaspoons ground turmeric  
2 1/2 teaspoons ground ginger  
1 tablespoon curry powder  
1 (16 ounce) package extra-firm tofu, drained and cubed  
1 quart vegetable broth  
1/2 (16 ounce) package uncooked whole wheat spaghetti  
1 (5 ounce) can nonfat evaporated milk  
2 tablespoons coconut extract  
salt and pepper to taste

## Directions

Heat the oil in a skillet over medium heat, and saute the onion and garlic until tender. Stir in water, carrots, and zucchini. Season with coriander, cumin, turmeric, ginger, and curry powder. Mix in tofu, and continue cooking 10 minutes, until vegetables are tender and tofu is heated through.

Bring the broth to boil in a large pot, and cook the noodles about 3 minutes. Stir tofu and vegetables into the pot. Mix in evaporated milk and coconut extract. Season with salt and pepper. Continue cooking until noodles are soft.

# Thai Curry Rice Bowl

## Ingredients

1 pound boneless beef sirloin  
1 small onion, cut into strips  
1 1/2 cups Kikkoman Thai Red Curry Sauce  
1 red bell pepper, cut into strips  
2 tablespoons vegetable oil  
Hot cooked rice

## Directions

Cut beef across the grain into 1/2 inch wide strips. Heat oil in hot wok or large skillet over high heat. Add meat and stir-fry 2 minutes. Add pepper and onion, stir-fry 4 minutes until vegetable are tender. Add Thai Red Curry Sauce, stirring until sauce boils. Serve with rice.

# Green Curry Thai for Kings

## Ingredients

2 tablespoons canola oil  
3 shallots, finely chopped  
3 cloves garlic, sliced  
1 tablespoon finely chopped fresh ginger  
1 1/2 tablespoons green curry paste  
1 pound skinless, boneless chicken breast halves - cut into strips  
salt and pepper to taste  
5 stalks lemon grass  
1 (15 ounce) can baby corn, drained  
1 (4 ounce) can water chestnuts, drained  
1 (10 ounce) can coconut milk  
1 bunch fresh Thai basil leaves, torn

## Directions

Heat the oil in a large skillet over medium-high heat. Cook and stir the shallots, garlic, and ginger in the hot oil 3 to 4 minutes, until shallots are tender. Mix in the green curry paste. Cook and stir 1 minute. Season the chicken with salt and pepper, and place the chicken and lemon grass in the skillet. Cook 5 minutes, until chicken begins to brown. Mix in the baby corn and water chestnuts. Cook and stir until the chicken is no longer pink and juices run clear.

Mix the coconut milk into the skillet, and bring to a boil. Reduce heat, and simmer, stirring occasionally, until the coconut milk has thickened. Top with basil leaves to serve.

# Curry Beef Soup

## Ingredients

2 tablespoons butter  
2 onions, chopped  
1 pound cubed beef stew meat  
6 cups beef stock  
2 tablespoons curry powder  
2 bay leaves  
2 potatoes, sliced  
2 tablespoons distilled white vinegar  
2 teaspoons salt

## Directions

Melt the butter in a large saucepan. Cook onions and beef cubes until beef is browned and onions are tender.

Add the beef stock, curry and bay leaves. Cook over low heat for 30 minutes.

Add the potatoes, vinegar and salt. Simmer for 45 minutes to 1 hour until all is tender. Remove bay leaves, and serve hot.

# Shelly's Meat Curry

## Ingredients

- 1 1/2 cups basmati rice
- 1 quart water, divided
- 1/3 cup vegetable oil
- 1 1/2 pounds corned beef, cubed
- 1/2 cup diced onion
- 2 cloves garlic, chopped
- 1 tablespoon ground ginger
- 2 teaspoons ground turmeric
- 2 teaspoons ground coriander
- 2 teaspoons salt
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 2 bay leaves
- 4 potatoes, diced

## Directions

In a pot, bring the basmati rice and 3 cups water to a boil. Reduce heat to low, cover, and simmer 20 minutes.

Heat the oil in a large saucepan over medium heat. Brown the corned beef in the saucepan, and cook the onion and garlic until tender. Season with ginger, turmeric, coriander, salt, chili powder, cinnamon, and cardamom.

Place the bay leaves in the saucepan, and pour in 1 cup water. Bring to a boil. Mix in the potatoes, reduce heat to low, and simmer 30 minutes. Stir occasionally, and add more water as needed to keep the ingredients moist.

Cover the saucepan, and continue cooking 10 minutes, until potatoes are tender. Serve the beef and potato mixture over the basmati rice.

# Bhindi Masala (Spicy Okra Curry)

## Ingredients

4 cups okra, cut into 1-inch pieces  
1 tablespoon olive oil  
1 teaspoon cumin seeds  
1 onion, chopped  
2 tomatoes, diced  
1 teaspoon curry powder  
1 teaspoon salt

## Directions

Place the okra in a large, microwave-safe dish; cook in microwave on High for 6 minutes.

Heat the olive oil and cumin seeds together in a large skillet over medium heat until the cumin seeds swell and turn golden brown. Fry the onions in the heated oil for 3 minutes. Add the tomatoes to the mixture and cook another 3 minutes. Stir the okra into the mixture; season with the curry powder and salt. Cook and stir the mixture until hot, about 3 minutes more. Serve hot.

# Sri Lankan Potato Curry

## Ingredients

3/4 teaspoon coriander seed  
1/4 teaspoon fennel seed  
1/4 teaspoon cumin seed  
4 leaves fresh curry

4 large potatoes - peeled and cubed  
1 tablespoon ghee (clarified butter)  
1/2 onion, finely chopped  
1 clove garlic, minced  
1 (1 inch) piece fresh ginger root, grated  
1/2 teaspoon cumin seed  
1/2 teaspoon coriander seed  
1/2 cup coconut milk  
1 tablespoon chopped fresh cilantro  
salt to taste

## Directions

In a small skillet, over a low heat, dry roast the 3/4 teaspoon coriander, 1/4 teaspoon fennel, and 1/4 teaspoon cumin seeds individually until an aroma is starting to be given off. Combine all these with the curry leaves, and over a low heat, dry roast for about 5 minutes more. Do not burn. Grind the spices and leaves using a mortar and pestle or a clean coffee grinder. Set aside.

Place potato cubes in a microwave-safe bowl, and microwave until about 1/2 cooked (time depends on individual microwave), about 3 to 5 minutes.

In a large skillet, melt the ghee over medium heat. Cook the onion, garlic, and ginger in the ghee until golden and aromatic. Meanwhile, grind the remaining coriander and cumin seeds; add with one teaspoon fresh curry powder (prepared in the first step) to the onions and garlic. Cook, stirring, for 30 seconds. Stir in the potatoes, and cook for 3 minutes. Stir in the coconut milk, bring to a simmer, and then reduce heat to low. Cover, and cook until potatoes are tender, about 7 minutes. Season with salt to taste. Top with chopped fresh cilantro, and serve.

# Spicy Vegan Potato Curry

## Ingredients

- 4 potatoes, peeled and cubed
- 2 tablespoons vegetable oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 2 teaspoons ground cumin
- 1 1/2 teaspoons cayenne pepper
- 4 teaspoons curry powder
- 4 teaspoons garam masala
- 1 (1 inch) piece fresh ginger root, peeled and minced
- 2 teaspoons salt
- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can garbanzo beans (chickpeas), rinsed and drained
- 1 (15 ounce) can peas, drained
- 1 (14 ounce) can coconut milk

## Directions

Place potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow to steam dry for a minute or two.

Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Season with cumin, cayenne pepper, curry powder, garam masala, ginger, and salt; cook for 2 minutes more. Add the tomatoes, garbanzo beans, peas, and potatoes. Pour in the coconut milk, and bring to a simmer. Simmer 5 to 10 minutes before serving.

# Spicy Chicken Curry Soup

## Ingredients

1 tablespoon peanut oil  
1 clove garlic, minced  
1/2 carrot, peeled and diced  
1 (14 ounce) can coconut milk  
1 tablespoon green curry paste  
2 skinless, boneless chicken  
breast halves - cubed  
2 cups chicken stock  
1 lime, juiced  
1/4 cup chopped green onions

## Directions

Heat the oil in a medium pot over medium heat. Stir in the garlic and carrot, and cook 5 minutes. Mix in 1/4 the coconut milk. Stirring constantly, bring to a boil. Mix in curry paste. Place the chicken in the pot, and toss to coat.

Reduce heat to low, and pour in the chicken stock. Cook until heated through. Stir in remaining coconut milk, lime juice, and green onions. Continue to cook and stir at least 10 minutes before serving.

# Mild Coconut Tofu Curry

## Ingredients

- 4 slices fresh ginger root
- 4 cloves garlic, minced
- 1/4 cup cashews
- 2 stalks lemon grass, chopped
- 2 onions, sliced
- 3 tablespoons olive oil
- 1 dash crushed red pepper flakes
- 2 tablespoons curry powder
- 2 1/2 cups cubed firm tofu
- 1 (14 ounce) can coconut milk
- 14 fluid ounces water
- 2 medium potatoes, peeled and cubed
- 2 teaspoons salt
- 1 tablespoon white sugar

## Directions

In a blender or food processor, grind the ginger root, garlic, cashews, lemon grass, and onions into a paste.

Heat olive oil in a medium wok over low heat. Stir in the blended mixture and red pepper flakes. Gradually mix in the curry powder.

Place tofu in the wok, and cook until heated through. Mix in the coconut milk, water, and potatoes. Bring to a boil, reduce heat, and simmer 20 minutes, stirring occasionally, until potatoes are tender. Season with salt and sugar.

# Spinach, Red Lentil, and Bean Curry

## Ingredients

1 cup red lentils  
1/4 cup tomato puree  
1/2 (8 ounce) container plain yogurt  
1 teaspoon garam masala  
1/2 teaspoon ground dried turmeric  
1/2 teaspoon ground cumin  
1/2 teaspoon ancho chile powder  
2 tablespoons vegetable oil  
1 onion, chopped  
2 cloves garlic, chopped  
1 (1 inch) piece fresh ginger root, grated  
4 cups loosely packed fresh spinach, coarsely chopped  
2 tomatoes, chopped  
4 sprigs fresh cilantro, chopped  
1 (15.5 ounce) can mixed beans, rinsed and drained

## Directions

Rinse lentils and place in a saucepan with enough water to cover. Bring to a boil. Reduce heat to low, cover pot, and simmer over low heat for 20 minutes. Drain.

In a bowl, stir together tomato puree and yogurt. Season with garam masala, turmeric, cumin, and chile powder. Stir until creamy.

Heat oil in a skillet over medium heat. Stir in onion, garlic, and ginger; cook until onion begins to brown. Stir in spinach; cook until dark green and wilted. Gradually stir in yogurt mixture. Then mix in tomatoes and cilantro.

Stir lentils and mixed beans into mixture until well combined. Heat through, about 5 minutes.

# Shrimp Red Thai Curry

## Ingredients

2 (14 ounce) cans coconut milk  
2 tablespoons red Thai curry  
paste  
1 tablespoon fish sauce  
1 fresh red chili pepper, seeded  
and minced  
24 large shrimp, peeled and  
deveined

## Directions

In a wok, combine coconut milk, curry paste, fish sauce, and minced pepper. Slowly bring to a simmer over medium low heat, stirring frequently.

Reduce heat to low, and add shrimp. Cook uncovered, stirring frequently, until prawns are cooked and flavors mellow, about 15 minutes.

# Chickpea Cauliflower Curry

## Ingredients

1 cup uncooked brown rice  
4 cups cauliflowerets  
1 medium onion, chopped  
1 large carrot, diced  
2 garlic cloves, minced  
2 teaspoons vegetable oil  
2 teaspoons minced fresh gingerroot  
1 1/2 teaspoons curry powder  
1/2 teaspoon salt  
1/8 teaspoon ground cloves  
1 (15 ounce) can chickpeas (garbanzo beans), drained and rinsed  
1 (14.5 ounce) can diced tomatoes, undrained  
1 cup fresh or frozen peas

## Directions

Cook the rice according to package directions. Set aside and keep warm. Place cauliflower in a saucepan; cover with water. Bring to a boil; cook for 5 minutes. Drain and set aside.

In a large skillet, saute onion, carrot and garlic in oil until tender. Stir in the ginger, curry, salt and cloves if desired. Add the beans, tomatoes, peas and cauliflower. Cook and stir for 5 minutes or until heated through. Remove from the heat. Serve over the rice.

# Curry-Coconut Shrimp

## Ingredients

1 teaspoon canola oil  
1/2 cup minced onion  
1/2 cup minced red bell pepper  
1 clove garlic, minced  
1 teaspoon ground cumin  
3/4 teaspoon ground coriander  
1/2 teaspoon curry powder  
1/2 cup light coconut milk  
1 teaspoon sugar  
1/4 teaspoon crushed red pepper flakes  
1 pound jumbo shrimp, peeled and deveined  
1 tablespoon cornstarch  
1 tablespoon water  
2 tablespoons chopped fresh cilantro

## Directions

Heat oil in large, nonstick saucepan over medium heat. Saute onion, red pepper, and garlic until vegetables begin to soften, about 3 minutes.

Season with cumin, coriander, and curry powder. Cook for 1 more minute. Stir in coconut milk, sugar, and crushed red pepper flakes. Bring to a boil. Reduce heat, and simmer, uncovered for 2 minutes.

Stir in shrimp, and increase heat to medium-high. Cook and stir until shrimp is cooked through, about 4 minutes.

In a small bowl, combine cornstarch with 1 tablespoon water. Stir into shrimp mixture, and cook until sauce has thickened, about 1 minute. Stir in cilantro, and remove from heat.

# Curry Kabobs

## Ingredients

1/2 cup light mayonnaise  
1 teaspoon minced garlic  
1/2 teaspoon curry powder  
1/2 teaspoon chili powder  
1/2 teaspoon ground ginger  
1 1/2 pounds skinless, boneless  
chicken breast halves - cubed  
1 cup uncooked white rice  
2 cups water  
8 ounces fresh mushrooms, sliced  
1 tomato, diced  
3 green onions, chopped  
skewers

## Directions

In a large, shallow dish, mix the mayonnaise, garlic, curry powder, chili powder, and ginger. Place the chicken in the mixture, and stir to coat. Cover, and refrigerate for 2 to 4 hours.

Preheat the grill for medium-high heat.

Discard marinade, and thread chicken pieces and mushrooms onto skewers. In a saucepan, bring the rice and water to a boil. Reduce heat to low, cover, and simmer 20 minutes, or until rice is tender.

Lightly oil the grill grate. Grill skewers, turning often, for 5 to 10 minutes, or until chicken juices run clear.

In a small bowl, toss together the tomato and onions. Serve the grilled chicken and mushrooms over rice. Top with the onions and tomatoes.

# Veggie Curry Casserole

## Ingredients

1 head cauliflower, broken into florets  
3 potatoes, peeled and diced  
2 garlic cloves  
salt and ground black pepper to taste  
1 cup peas (optional)  
1 cup milk  
1/2 cup cold vegetable stock  
2 tablespoons butter  
2 tablespoons flour  
3 slices Swiss cheese, torn into pieces  
1 tablespoon curry powder, or more to taste

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Lightly grease a casserole dish.

Bring a pot of lightly salted water to a boil; partially cook the cauliflower, potatoes, and garlic cloves in the boiling water for 5 to 7 minutes. Drain. Spread into the bottom of the prepared casserole dish; season with salt and pepper. Scatter the peas over the mixture. Set aside.

Combine the vegetable stock, butter, and flour together in a small saucepan over medium heat; bring to a simmer. Slowly stir the milk into the mixture; continue cooking until hot. Slowly add the Swiss cheese to the mixture and allow to melt into the liquid; cook and stir until a cheesy white sauce forms. Season with the curry powder, salt, and pepper. Pour the sauce over the vegetable mixture. Cover with aluminum foil.

Bake in the preheated oven until the vegetables are cooked through and tender, about 20 minutes. Serve hot.

# Curry Grilled Chicken

## Ingredients

1/2 cup sugar  
1/2 cup vinegar  
1/3 cup ketchup  
1 tablespoon Worcestershire sauce  
1/2 teaspoon ground mustard  
1/2 teaspoon paprika  
1/2 teaspoon curry powder  
1/2 teaspoon garlic salt  
1/2 teaspoon salt  
1/8 teaspoon pepper  
4 (4 ounce) boneless, skinless chicken breast halves

## Directions

In a blender, combine the first 10 ingredients; cover and process until blended. Pour into a large resealable plastic bag or shallow glass container; add the chicken. Seal or cover and refrigerate for 1-2 hours. Drain and discard marinade. Grill the chicken, covered, over medium heat for 6 minutes on each side or until juices run clear.

# Prawn Malai Curry

## Ingredients

### Garam Masala:

1/4 teaspoon cardamom seeds  
3 whole cloves  
3 (1 inch) pieces cinnamon stick

2 tablespoons vegetable oil  
4 whole cloves  
4 green cardamom pods  
2 (1 1/2 inch) pieces stick cinnamon  
1 onion, grated  
1 1/4 teaspoons ginger paste  
1 1/4 teaspoons garlic paste  
1/2 teaspoon ground turmeric  
1/4 teaspoon cayenne pepper  
1/2 cup finely chopped tomato  
1/2 cup water  
1 cup coconut milk  
1 pound tiger prawns, peeled and deveined

1 teaspoon ghee (clarified butter)  
(optional)

## Directions

Prepare the fresh garam masala: in a coffee grinder, grind the cardamom seeds, 3 whole cloves, and 3 cinnamon sticks to a fine powder. Set aside.

Heat the vegetable oil in a skillet over medium heat. Add the 4 whole cloves, 4 cardamom pods, and 2 sticks of cinnamon and fry for a few seconds (take care as cloves tend to pop out of the pan). Stir in the grated onion and reduce the heat to medium-low. Cook and stir until the liquid dries and the onion no longer smells raw, about 5 minutes. Add the ginger paste and garlic paste and cook for 2 minutes, stirring constantly.

Stir in the turmeric and cayenne pepper. Add the chopped tomatoes and cook until the tomatoes are soft, about 5 minutes. Pour in the water, cover the pan, and cook for an additional 5 minutes.

Pour in the coconut milk and stir well. When the mixture is just below boiling, stir in the prawns. Sprinkle the mixture with almost all of the fresh garam masala powder, reserving a pinch to use as a garnish. Gently stir to combine. Do not cover the pan at this stage, as the coconut milk will curdle.

As soon as the prawns are pink and cooked through, 3 to 5 minutes, add the ghee. Remove the pan from the heat. Sprinkle the reserved garam masala over the dish and serve.

# Thai Chicken Curry with Pineapple

## Ingredients

- 2 teaspoons curry powder
- 1 teaspoon curry paste
- 1 (13.5 ounce) can coconut milk
- 2 tablespoons fish sauce
- 1 tablespoon packed brown sugar
- 1 cup chicken stock
- 4 chicken thighs, cut into bite size pieces
- 1/2 cup frozen peas
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped carrot
- 1 tablespoon cornstarch
- 2 tablespoons chicken stock
- 3/4 cup chopped fresh pineapple

## Directions

Cook and stir the curry powder and curry paste in a saucepan over medium-low heat until fragrant, about 2 minutes. Pour the coconut milk into the saucepan and mix well. Stir in the fish sauce, brown sugar, and 1 cup chicken stock.

Place the chicken thighs, peas, peppers, and carrots into the saucepan with the curry sauce. Bring the mixture to a boil over medium-high heat, then reduce the heat to low. Simmer until the chicken is cooked though, about 25 minutes.

Whisk together 1 tablespoon of cornstarch with 2 tablespoons of cold chicken stock. Stir cornstarch mixture into the curry. Mix the pineapple into the curry and cook until the sauce thickens, about 5 minutes.

# Curry Broccoli Salad

## Ingredients

1/2 pound bacon  
6 cups fresh broccoli florets  
1/2 cup diced onion  
1/2 cup dried cherries  
1/2 cup sunflower seeds  
3/4 cup mayonnaise  
1 teaspoon curry powder  
2 tablespoons cider vinegar  
1/4 cup white sugar

## Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

In a large bowl, combine the bacon, broccoli, onion, dried fruit and sunflower seeds.

Whisk together the mayonnaise, curry powder, vinegar and sugar.

Pour dressing over salad; toss to coat, and marinate over night.

# Apple Curry Turkey Pita

## Ingredients

2 tablespoons olive oil  
1 cup sliced onion  
2 tablespoons lemon juice  
1/2 pound cooked turkey, cut into chunks  
1 tablespoon curry powder, or to taste  
1 medium apple, cored and thinly sliced  
3 pita bread rounds  
1/2 cup plain yogurt

## Directions

Heat oil in a skillet over medium-high heat. Stir in onion and lemon juice. Cook until onion is tender. Mix in turkey, season with curry powder and continue cooking until heated through.

Remove from heat. Stir in apple. Stuff pitas with the mixture. Drizzle with yogurt to serve.

# Mum's Mutton Curry

## Ingredients

1 clove garlic, peeled  
1 (2 inch) piece fresh ginger root, peeled  
1/4 cup vegetable oil  
1 (3 inch) cinnamon stick  
1/2 teaspoon cumin seeds  
1 star anise pod  
8 kaffir lime leaves  
2 pounds mutton, cubed  
10 shallots, sliced  
2 large tomatoes, chopped  
5 tablespoons curry powder  
1/2 cup coconut milk  
salt to taste  
4 cups water  
4 large potatoes, peeled and cubed

## Directions

Combine the garlic and ginger in a food processor. Blend into a paste and set aside.

Heat the oil in a large skillet over medium heat. Add the cinnamon stick, cumin seeds, anise pod, and lime leaves. Add the shallots; cook and stir until starting to brown, about 5 minutes. Stir in the ginger garlic paste. Cook and stir for a few more minutes, and then stir in the mutton and tomatoes. Cover and simmer over low heat for 30 minutes.

Stir in the curry powder, coconut milk and water and add the potato. Season with salt to taste. Cover and simmer until potato and mutton are tender, about 30 more minutes.

# Chicken Curry V

## Ingredients

2 tablespoons olive oil  
1 (2 inch) piece cinnamon stick  
1 whole cardamom pod  
1/2 star anise pod  
3 whole cloves  
2 teaspoons chopped fresh curry leaves  
1 tablespoon chopped shallots  
4 cloves garlic, chopped  
1 slice fresh ginger root, chopped  
4 tablespoons curry paste  
1/2 cup thick coconut milk  
2 cups water  
3 pounds skinless, boneless chicken breast halves - cut into 2 inch pieces  
2 tablespoons tamarind juice  
salt to taste

## Directions

Heat oil in a large, deep skillet over medium heat. Saute the cinnamon, cardamom, anise, cloves and curry leaves for 2 to 3 minutes, then stir in shallots, garlic and ginger and saute until fragrant. Stir in curry paste and cook for 5 minutes, stirring constantly.

Pour in the coconut milk and water and let simmer for 3 to 4 minutes; add chicken, tamarind juice and salt and simmer, stirring occasionally, for 20 minutes.

# Turkey Curry

## Ingredients

1 medium tart apple, peeled and cut into pieces  
1 small onion, chopped  
2 tablespoons chopped celery  
1 tablespoon butter or margarine  
2 teaspoons all-purpose flour  
1 teaspoon curry powder  
1/4 teaspoon salt  
1/4 teaspoon chicken bouillon granules  
1/8 teaspoon cayenne pepper  
3/4 cup milk  
1 cup cubed cooked turkey  
1/4 cup peanuts  
Hot cooked rice  
Minced fresh parsley

## Directions

In a saucepan, saute the apple, onion and celery in butter until crisp-tender. Stir in the flour, curry powder, salt, bouillon and cayenne. Gradually stir in milk until smooth. Bring to a boil; cook 1-2 minutes or until thickened. Stir in turkey and peanuts; cook until turkey is heated through. Serve over rice and garnish with parsley.

# Curry Cheese Ball

## Ingredients

2 (8 ounce) packages cream cheese, softened  
1/2 cup chutney  
1/2 teaspoon mustard powder  
1 1/2 tablespoons curry powder  
1/2 cup sliced almonds

## Directions

In a medium bowl, mix together the cream cheese and chutney until well blended. Season with mustard powder and curry powder, and mix well. Chill overnight, or until cream cheese is firm.

Roll chilled cheese mixture into a ball, and roll in almonds to coat. Serve with crackers or veggies.

# Coconut Curry Chicken and Peanuts

## Ingredients

2 tablespoons butter  
2 tablespoons vegetable oil  
2 sweet onions, thinly sliced  
2 tablespoons curry powder, or to taste, divided  
4 skinless, boneless chicken breast halves, cut into cubes  
1/4 cup coconut milk, or more if desired  
1/4 cup chopped peanuts

## Directions

Heat the butter and oil in a large skillet over medium heat until the butter is melted. Cook and stir the onions and 1 tablespoon of curry powder for about 5 minutes, to release the juice from the onions. Remove the onions with a slotted spoon and set aside, leaving the juice in the skillet.

Place the chicken breast cubes into the skillet with the remaining 1 tablespoon of curry powder, and cook and stir about 15 minutes, until the chicken is browned and no longer pink inside. Return the onions to the skillet, and pour in the coconut milk. Simmer for about 15 minutes, until the sauce is thickened. Sprinkle with chopped peanuts.

# Pork Chops with Apple Curry Sauce

## Ingredients

4 (1 inch thick) boneless pork chops  
vegetable oil  
salt and pepper to taste  
1 large onion, diced  
1 large apple, cored and diced  
1 1/2 cups unsweetened applesauce  
2 cups apple juice  
1/4 cup margarine  
2 tablespoons chicken bouillon granules  
1 clove garlic, crushed  
3 tablespoons ground curry powder, or to taste  
salt and pepper to taste

## Directions

Season pork chops with salt and pepper. In a large skillet over medium-high heat, brown pork chops in a small amount of oil, flipping once to brown both sides. Arrange chops in a 9x13 inch baking dish.

In the same skillet, melt margarine over medium heat. Cook and stir onions and apples in margarine until caramelized. Stir in applesauce, apple juice, chicken bouillon, garlic, and curry powder. Season to taste with salt and pepper. Pour over chops, and cover dish with foil.

Bake in a preheated 400 degrees F (200 degrees C) for 40 minutes, or until pork chops are cooked through.

# Fried Curry Chicken

## Ingredients

1 1/2 cups plain yogurt  
3 tablespoons lemon juice  
3/4 teaspoon curry powder  
3/4 teaspoon onion powder  
3/4 teaspoon salt  
3/4 teaspoon garlic powder  
1 pound skinless, boneless  
chicken breast halves - cut into 1  
inch strips  
3/4 cup dry bread crumbs  
1/4 cup all-purpose flour  
1/2 cup unsalted butter

## Directions

In a large bowl, mix the yogurt, lemon juice, curry powder, onion powder, salt, and garlic powder. Set aside 1 cup of the mixture to use as a dipping sauce. Place the chicken in the bowl, and coat with the mixture. Marinate in the refrigerator 8 hours or overnight.

In a bowl, mix the breadcrumbs and flour. Dredge the coated chicken in the breadcrumb mixture.

Melt the butter in a skillet over medium-low heat. Discard remaining yogurt mixture. Fry the coated chicken in the skillet 15 minutes, or until juices run clear. Serve with the reserved dipping sauce.

# Delicious Chickpea Curry

## Ingredients

4 cups water  
2 cubes vegetable bouillon  
1 cup raisins  
1/4 cup olive oil  
2 onions, chopped  
1 tablespoon minced garlic  
2 tablespoons minced ginger  
2 cinnamon sticks  
6 whole cloves  
1 teaspoon cayenne pepper  
1 teaspoon ground turmeric  
1 teaspoon ground coriander  
1 teaspoon ground cumin  
2 (19 ounce) cans garbanzo beans (chickpeas)  
1 medium yam, peeled and diced  
1 pear, peeled and cubed  
salt to taste  
1 cup chopped fresh cilantro

## Directions

Place water, bouillon cubes, and raisins in a saucepan over high heat. Bring to a boil, and simmer until bouillon cubes dissolve.

Meanwhile, heat olive oil in a large saucepan over medium heat. Add onion, garlic, and ginger; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add cinnamon sticks, cloves, cayenne, turmeric, coriander, and cumin; cook for about 3 minutes until fragrant, stirring constantly.

Stir garbanzo beans, yams, and pear into onions; pour in hot vegetable stock and raisins. Bring to a simmer, then reduce heat to medium-low, cover, and simmer until the vegetables have softened and the sauce has thickened, about 1 hour.

Season to taste with salt and stir in chopped cilantro before serving.

# Chicken Curry Salad

## Ingredients

1/2 cup mayonnaise  
1 teaspoon curry powder  
salt and pepper to taste  
1/4 teaspoon chili oil  
1 (10 ounce) can chunk chicken,  
drained

## Directions

In a medium bowl, stir together the mayonnaise, curry powder, salt, pepper, and chili oil. Mix in the chunk chicken until well blended. Refrigerate until serving.

# Quick and Easy Vegetable Curry

## Ingredients

1 tablespoon olive oil  
1 onion, chopped  
2 cloves crushed garlic  
2 1/2 tablespoons curry powder  
2 tablespoons tomato paste  
1 (14.5 ounce) can diced tomatoes  
1 cube vegetable bouillon  
1 (10 ounce) package frozen mixed vegetables  
1 1/2 cups water  
salt and pepper to taste  
2 tablespoons chopped fresh cilantro

## Directions

In a large saucepan over medium-high, heat oil and saute onion, and garlic until golden. Stir in curry powder and tomato paste, cook 2 to 3 minutes.

Stir in tomatoes, vegetable bouillon cube, mixed vegetables, water, salt and pepper to taste. Cook approximately 30 minutes until vegetables are well done (not crunchy). Sprinkle with fresh cilantro prior to serving.

# Ginger Beef Curry (Slow Cooker Version)

## Ingredients

1/4 cup all-purpose flour  
2 1/2 pounds lean boneless beef chuck, cut into 1/2 by 2 inch strips  
2/3 cup water  
1/3 cup tomato paste  
2 large onions, finely chopped  
3 tablespoons grated fresh ginger  
6 cloves garlic, minced  
1 (2 inch) piece cinnamon stick  
1 teaspoon ground turmeric  
1 teaspoon ground paprika  
2 tablespoons ground cumin  
1 tablespoon ground coriander  
1 teaspoon ground cardamom  
1/2 teaspoon ground cloves  
1/2 teaspoon ground cayenne pepper  
1/4 teaspoon ground nutmeg  
salt to taste  
1/3 cup chopped fresh cilantro

## Directions

Place beef and flour in a large, resealable plastic bag. Shake to coat beef with flour. In a small bowl, mix tomato paste and water.

In a large slow cooker, combine onions, ginger, garlic, cinnamon stick, turmeric, and paprika. Place beef on onions, and sprinkle with cumin, coriander, cardamom, cloves, cayenne pepper, and nutmeg. Pour tomato paste mixture over meat. Cover, and cook on LOW setting until beef is very tender, about 8 to 9 hours.

When ready to serve, season to taste with salt, and stir in cilantro.

# Garlic Curry Burgers

## Ingredients

2 pounds lean ground beef  
1 1/2 cups chopped sweet onion  
1 egg, lightly beaten  
3 tablespoons evaporated milk  
1 tablespoon Worcestershire sauce  
3 large cloves garlic, minced  
1 tablespoon mild curry powder  
1 tablespoon steak seasoning

## Directions

Preheat an outdoor grill for high heat.

In a bowl, mix the beef, onion, egg, evaporated milk, Worcestershire sauce, garlic, curry powder, and steak seasoning. Form the mixture into 8 patties.

Grill the patties over indirect heat for about 5 minutes on each side, or until done.

# Pumpkin Coconut Curry

## Ingredients

2 skinless, boneless chicken breast halves - cut into small chunks  
1 teaspoon poultry seasoning  
1 tablespoon olive oil  
1 (2 pound) sugar pumpkin -- peeled, seeded and cubed  
1 tablespoon butter  
1 onion, chopped  
2 cloves garlic, chopped  
1 (1 inch) piece fresh ginger root, finely chopped  
1 tablespoon ground coriander  
1 tablespoon ground cumin  
1 pinch ground turmeric  
1 teaspoon red pepper flakes  
1/2 cup canned coconut milk  
1 1/2 cups chicken broth  
salt to taste

## Directions

Season the chicken pieces with poultry seasoning and set aside. Heat the olive oil in a large skillet over medium heat. Add chicken to the skillet; cook and stir until browned on the outside and cooked through. Remove from the heat and set aside.

Melt the butter in a separate skillet over medium heat. Add onion, garlic and ginger; cook and stir until onion is transparent. Season with coriander, cumin, turmeric, and red pepper flakes. Continue to cook and stir until spices are fragrant. Add pumpkin, cooked chicken, coconut milk and chicken broth. Season with salt to taste. Cook for 15 to 20 minutes over medium heat. Serve over rice or noodles.

# Tim Perry's Soup (Creamy Curry Cauliflower and

## Ingredients

1 quart chicken broth  
1 onion, finely chopped  
1 head cauliflower, finely chopped  
1/2 head broccoli, finely chopped  
1 teaspoon curry powder  
1 tablespoon chicken bouillon granules  
salt and pepper to taste  
1/4 cup all-purpose flour  
1/2 cup milk  
2 cups shredded Cheddar cheese

## Directions

In a stockpot, combine chicken broth, onion, cauliflower, and broccoli. Bring to a boil and reduce heat to low. Continue to simmer until vegetables are tender. Season with curry powder, chicken bouillon, salt, and pepper.

In a bowl, combine flour and 1/2 cup of the milk. Whisk briskly until there are no lumps. Add mixture to soup, stirring continuously as soup thickens. Stir in Cheddar cheese until completely melted.

# Molasses-Beef Curry

## Ingredients

1/2 cup all-purpose flour  
1/4 teaspoon salt  
1 dash ground black pepper  
1 pound cubed beef stew meat  
1 tablespoon olive oil  
1 onion, diced  
3 cups beef stock  
2 bay leaves  
2 tablespoons curry powder  
2 carrots, diced  
1/4 cup rice vinegar  
1 tablespoon molasses  
3 potatoes, cut into 1/4 inch cubes

## Directions

Combine flour, salt, and pepper in a bowl, then add beef, tossing to coat. Shake off excess flour. Heat the olive oil in a large skillet over medium-high heat. Cook and stir onions and beef until browned. Stir in beef stock, bay leaves, and curry powder. Bring to a boil, then reduce heat and simmer for 30 minutes. Stir in carrots, rice vinegar, molasses, and potatoes and simmer for an additional hour until tender.

# Indian Chicken Curry II

## Ingredients

3 tablespoons olive oil  
1 small onion, chopped  
2 cloves garlic, minced  
3 tablespoons curry powder  
1 teaspoon ground cinnamon  
1 teaspoon paprika  
1 bay leaf  
1/2 teaspoon grated fresh ginger root  
1/2 teaspoon white sugar  
salt to taste  
2 skinless, boneless chicken breast halves - cut into bite-size pieces  
1 tablespoon tomato paste  
1 cup plain yogurt  
3/4 cup coconut milk  
1/2 lemon, juiced  
1/2 teaspoon cayenne pepper

## Directions

Heat olive oil in a skillet over medium heat. Saute onion until lightly browned. Stir in garlic, curry powder, cinnamon, paprika, bay leaf, ginger, sugar and salt. Continue stirring for 2 minutes. Add chicken pieces, tomato paste, yogurt, and coconut milk. Bring to a boil, reduce heat, and simmer for 20 to 25 minutes.

Remove bay leaf, and stir in lemon juice and cayenne pepper. Simmer 5 more minutes.

# Ken's Spicy Curry Chicken

## Ingredients

2 (14 ounce) cans coconut milk  
2 tablespoons green curry paste  
2/3 cup chicken broth  
1 (8 ounce) can sliced water chestnuts, drained  
1 (8 ounce) can sliced bamboo shoots, drained  
1 green bell pepper, cut into 1 inch pieces  
1 cup sliced fresh mushrooms  
3 boneless skinless chicken breasts, cut into 1 inch pieces  
3 tablespoons fish sauce  
1/4 cup chopped fresh basil

## Directions

Over medium heat, whisk coconut milk and curry paste together in a large saucepan. Simmer for 5 minutes.

Stir in chicken broth, water chestnuts, bamboo shoots, bell pepper, mushrooms, and chicken. Season with fish sauce and basil. Simmer for 10 more minutes, or until chicken is cooked, yet still tender.

# Gobi Masala (Cauliflower Curry)

## Ingredients

2 tablespoons coconut cream  
5 tablespoons milk  
1 tablespoon tamarind pulp  
2 tablespoons boiling water  
1 tablespoon chickpea flour  
1/2 teaspoon chili powder  
1 teaspoon coriander seed  
1 head cauliflower, broken into small florets  
1 teaspoon mustard seed  
2 tablespoons vegetable oil for frying  
salt to taste

## Directions

Dissolve the coconut cream in 5 tablespoons milk.

Soak the tamarind in 2 tablespoons boiling water, 5 to 10 minutes. Squeeze the husk and discard the tamarind piece, save the water.

Combine the tamarind water with the flour, chili powder and coriander in a mixing bowl, mix well. Add the cauliflower and coconut milk, stir until cauliflower is coated.

Heat oil in a saucepan. Place the mustard seeds in the oil, when they start popping add the cauliflower mixture. Cover with a lid and simmer until cauliflower is tender, stir occasionally.

# Maple-Curry Chicken

## Ingredients

2 tablespoons olive oil  
2 tablespoons butter  
1 large onion, chopped  
1 red bell pepper, seeded and chopped  
1 yellow bell pepper, seeded and chopped  
1 green bell pepper, seeded and chopped  
2 cups cubed cooked chicken breast meat  
3 cloves garlic  
1 teaspoon sugar  
1/4 cup pure maple syrup  
1 cup heavy cream  
2 1/2 tablespoons hot curry paste

## Directions

Heat butter and oil in a large skillet over medium heat. Add onion and peppers, and cook until onions are soft and translucent. Stir in cooked chicken and garlic, and sprinkle with sugar. Cook, stirring for about 3 minutes, then stir in maple syrup, and cook for about 5 more minutes, until caramelized.

Stir in curry paste and heavy cream, and reduce heat to low. Simmer uncovered for 10 to 15 minutes, or until the sauce reaches your desired thickness.

# Broken Thermostat Curry

## Ingredients

- 1 small onion, chopped
- 5 medium carrots, peeled and chopped
- 2 teaspoons butter
- 2 teaspoons olive oil
- 2 cloves garlic, minced
- 1 (28 ounce) can diced tomatoes
- 2 cups water
- 1 medium yam, peeled and diced
- 7 small red potatoes, cubed
- 2 cups cauliflower florets
- 1/2 teaspoon turmeric powder
- 2 teaspoons curry powder
- 1 teaspoon ground cumin
- 1/4 teaspoon garam masala
- 1/8 teaspoon cayenne pepper
- 1 teaspoon red pepper flakes

## Directions

Puree the onion and carrots in a food processor or blender until finely ground. Heat the butter and olive oil in a large saucepan over medium heat. Cook the garlic until fragrant and lightly browned. Pour in the carrot puree, bring to a simmer, and cook for 5 minutes.

Pour in diced tomatoes, water, yam, red potatoes, and cauliflower. Season with turmeric, curry powder, cumin, garam masala, cayenne, and red pepper flakes. Simmer until potatoes are soft, about 30 minutes.

# Yogurt Chicken Curry

## Ingredients

4 skinless, boneless chicken breast halves - cut into bite size pieces  
1 cup water  
salt and pepper to taste  
1 cup yogurt  
1 teaspoon mild curry powder

## Directions

Place chicken and water in a medium saucepan and simmer over medium low heat for about 15 minutes, until chicken is cooked through and no longer pink inside.

When water is almost reduced, season chicken with salt and pepper to taste. In a small bowl, combine yogurt and curry powder and mix together. Stir this mixture into saucepan until all chicken pieces are coated, then simmer for another 5 minutes to heat through and marinate.

# Wonderful Chicken Curry Salad

## Ingredients

5 skinless, boneless chicken breast halves  
1 cup mayonnaise  
3/4 cup chutney  
1 teaspoon curry powder  
1/4 teaspoon pepper  
2/3 cup chopped pecans  
1 cup seedless grapes, halved  
1/2 cup chopped onion

## Directions

In a large saucepan, simmer chicken breasts in water for about 7 to 10 minutes, or until cooked through. Drain, cool, and tear into small pieces with a fork.

In a large bowl, combine mayonnaise, chutney, curry powder, and pepper. Stir in chicken, pecans, grapes, and onions. Chill.

# Basic Indian Curry with Paneer

## Ingredients

1/4 cup olive oil  
1 large yellow onion, chopped  
1 teaspoon minced garlic  
1 teaspoon minced fresh ginger root  
2 serrano peppers, finely chopped  
3/4 teaspoon chili powder  
3/4 teaspoon ground cumin  
3/4 teaspoon ground coriander  
3/4 teaspoon garam masala  
3/4 teaspoon ground turmeric  
1 (14.25 ounce) can tomato puree  
1 tablespoon ketchup  
8 ounces paneer, cubed  
1 (16 ounce) package frozen peas, thawed  
whipping cream or half-and-half to taste

## Directions

Heat oil in a large pan over medium heat. Saute onions until lightly browned. Stir in garlic and ginger, and continue cooking for 1 minute more. Turn heat to low, add serrano peppers, and cook for an additional minute. Sprinkle in the chili powder, cumin, coriander, garam masala, and turmeric; cook until fragrant, about 1 minute.

Pour in tomato puree and ketchup; thin with water to desired consistency. Stir in the paneer and peas; cook to soften peas, 2 to 3 minutes. Stir in cream, and increase heat to medium-high. Allow the curry to come to a rolling boil, and cook for 3 to 4 minutes.

# Basic Curry Sauce

## Ingredients

2 tablespoons peanut oil  
1 tablespoon margarine  
1 large onion, chopped  
1 tablespoon minced fresh ginger root  
2 tablespoons minced garlic  
1 teaspoon ground cinnamon  
1 teaspoon ground black pepper  
2 tablespoons ground coriander  
2 tablespoons ground cumin  
1/4 teaspoon ground turmeric  
1 teaspoon cayenne pepper  
2 tomatoes  
2 serrano chile peppers, seeded  
1/2 cup fresh cilantro  
1/2 cup yogurt, whisked until smooth  
3 cups water

## Directions

Heat oil and margarine in a small skillet or wok over medium high heat. Add onion and saute until very brown, 10 to 15 minutes. (Note: This is an important step; if onion is not cooked well, sauce will taste funny.)

Add ginger and garlic to onion and saute for an additional 2 minutes. Process onion/ginger/garlic mixture in food processor until smooth. Do not rinse food processor.

Place onion mixture in a large saucepan. Stir in the cinnamon, black pepper, coriander, cumin, turmeric and cayenne pepper and cook over low heat until mixture is thick and has the consistency of a paste.

Puree tomatoes, chile peppers and cilantro in food processor until smooth. Add to onion mixture and stir well over low heat, cooking off moisture from tomatoes and cilantro. Add yogurt a little bit at a time, stirring constantly to avoid curdling.

Blend the whole mixture in food processor to puree it (for a very smooth sauce). Return to saucepan, add water and increase heat to high; bring sauce to a rolling boil. Cover saucepan and boil for 3 to 5 minutes. Reduce heat and simmer until desired consistency is reached.

To serve with meat, cook the meat first separately, then simmer for 5 to 10 minutes in the sauce before serving over rice or with bread. To serve with vegetables, steam raw veggies first 4 to 5 minutes, then simmer for 5 to 10 minutes in the sauce before serving.

# Grilled Mussels with Curry Butter

## Ingredients

3 tablespoons butter, softened  
2 cloves garlic, pressed  
1 teaspoon curry powder  
1/2 teaspoon ground cumin  
1/8 teaspoon salt  
2 pounds mussels, scrubbed and  
debearded  
1 cup chopped red bell pepper  
1/4 cup chopped fresh parsley  
1 lime, thinly sliced  
1 lime, cut into 4 wedges

## Directions

Preheat an outdoor grill for high medium-heat and lightly oil grate.

Whisk together the butter, garlic, curry powder, cumin, and salt in a small bowl.

Arrange four large sheets of aluminum foil on a flat surface. Divide the mussels into four even portions and place one portion on each piece of foil. Dot the mussels with the curry mixture. Sprinkle the red bell pepper and parsley over the top of each portion. Top each with lime slices. Wrap foil tightly around the portions.

Cook the packets on the preheated grill until the mussels have opened, 5 to 10 minutes. Discard any mussels which do not open.

Transfer the mussels to small bowls and garnish each with a lime wedge to serve.

# Jamaican Curry Powder

## Ingredients

1/4 cup whole coriander seeds  
2 tablespoons whole cumin seeds  
2 tablespoons whole mustard seeds  
2 tablespoons whole anise seeds  
1 tablespoon whole fenugreek seeds  
1 tablespoon whole allspice berries  
5 tablespoons ground turmeric

## Directions

Combine the coriander seeds, cumin seeds, mustard seeds, anise seeds, fenugreek seeds, and allspice berries in a skillet. Toast over medium heat until the color of the spices slightly darkens, and the spices are very fragrant, about 10 minutes. Remove the spices from the skillet, and allow to cool to room temperature. Grind the spices with the turmeric in a spice grinder. Store in an airtight container at room temperature.

# Vietnamese Style Vegetarian Curry Soup

## Ingredients

2 tablespoons vegetable oil  
1 onion, coarsely chopped  
2 shallots, thinly sliced  
2 cloves garlic, chopped  
2 inch piece fresh ginger root, thinly sliced  
1 stalk lemon grass, cut into 2 inch pieces  
4 tablespoons curry powder  
1 green bell pepper, coarsely chopped  
2 carrots, peeled and diagonally sliced  
8 mushrooms, sliced  
1 pound fried tofu, cut into bite-size pieces  
4 cups vegetable broth  
4 cups water  
2 tablespoons vegetarian fish sauce (optional)  
2 teaspoons red pepper flakes  
1 bay leaf  
2 kaffir lime leaves  
8 small potatoes, quartered  
1 (14 ounce) can coconut milk

2 cups fresh bean sprouts, for garnish  
8 sprigs fresh chopped cilantro, for garnish

## Directions

Heat oil in a large stock pot over medium heat. Saute onion and shallots until soft and translucent. Stir in garlic, ginger, lemon grass and curry powder. Cook for about 5 minutes, to release the flavors of the curry. Stir in green pepper, carrots, mushrooms and tofu. Pour in vegetable stock and water. Season with fish sauce and red pepper flakes. Bring to a boil, then stir in potatoes and coconut milk. When soup returns to a boil, reduce heat and simmer for 40 to 60 minutes, or until potatoes are tender. Garnish each bowl with a pile of bean sprouts and cilantro.

# Keon's Slow Cooker Curry Chicken

## Ingredients

1 tablespoon butter  
1 onion, chopped  
1 (10.75 ounce) can condensed cream of mushroom soup  
1 (10.75 ounce) can condensed cream of chicken soup  
1 (14 ounce) can coconut milk  
1 packet dry onion soup mix (such as Knorr® French Onion Soup Mix)  
3 tablespoons curry powder, or to taste  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
2 teaspoons ground cayenne pepper, or to taste  
3 large skinless, boneless chicken breast halves -- trimmed and cut into 1-inch pieces  
1 cup green peas  
2 cups sliced fresh mushrooms

## Directions

Set the slow cooker to the High setting.

Heat the butter in a skillet over medium heat, and cook and stir the onion until browned, 5 to 10 minutes. Set the onion aside.

In a large bowl, stir together cream of mushroom soup, cream of chicken soup, coconut milk, dry soup mix, curry powder, salt, pepper, and cayenne pepper until the mixture is thoroughly combined. Place the chicken into the bottom of the slow cooker, and pour the mixture over the chicken. Stir in onion, peas and mushrooms.

Cook on High setting for 1 1/2 hours, then reduce heat to Low and cook an additional 1 1/2 to 2 hours.

# Curry-Chutney Cheese Mold

## Ingredients

3 (8 ounce) packages cream cheese, softened  
1 cup sour cream  
3/4 cup real bacon bits  
1/2 cup finely chopped green onions  
2 teaspoons curry powder  
1 cup salted peanuts, finely chopped  
1 cup raisins, finely chopped  
ADDITIONAL INGREDIENTS (FOR EACH CHEESE MOLD):  
1/2 cup chutney  
1/2 cup flaked coconut, toasted  
Assorted crackers

## Directions

In a large bowl, combine the cream cheese, sour cream, bacon, onions and curry powder. Fold in peanuts and raisins. Lightly press into two 3-cup freezer dishes coated with nonstick cooking spray.

Cover and freeze one mold for up to 1 month. Cover and freeze the second mold for at least 1 hour; unmold onto a serving plate. Top with chutney and coconut. Serve with crackers.

# Easy Curry Couscous

## Ingredients

- 1 1/2 cups couscous
- 3 cups chicken stock
- 1 tablespoon curry powder
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 2 tablespoons extra-virgin olive oil
- 1/2 cup raisins
- 1 bunch cilantro, chopped
- 1/2 cup slivered almonds, toasted

## Directions

Pour couscous into a bowl. Mix chicken stock, curry powder, salt, pepper, olive oil, and raisins in a saucepan and bring to a boil; remove from heat. Pour the boiling liquid over the couscous. Seal the bowl with plastic wrap and allow to sit for 10 minutes. Fluff couscous with a fork. Top with cilantro and almonds.

# Burmese Chicken Curry

## Ingredients

2 1/4 pounds skinless, boneless chicken thighs, cut into chunks  
2 teaspoons curry powder  
1/2 teaspoon garam masala  
1 teaspoon salt

2 onions, chopped  
1 tablespoon minced garlic  
1 teaspoon minced fresh ginger root  
1/2 teaspoon cayenne pepper  
2 teaspoons paprika  
2 tablespoons water

5 teaspoons corn oil  
2 tomatoes, chopped  
1 teaspoon minced lemon grass  
1 tablespoon fish sauce  
1 cup water

## Directions

Rub chicken thighs with curry powder, garam masala, salt. Cover and set aside. Place onion, garlic, ginger, cayenne pepper, and paprika in a blender with 2 tablespoons of water and blend into a smooth paste.

Heat the oil in a large, lidded skillet over medium heat. Cook and stir onion mixture until darkened, about 7 minutes. Stir in chicken thighs and cook for 3 to 4 minutes, then add tomatoes, lemon grass, and fish sauce. Cook for 2 minutes. Stir in 1 cup of water and bring the curry to a boil. Cover and reduce heat to low and cook until the chicken begins to fall apart, stirring occasionally, 25 to 35 minutes. Remove lid and increase heat. Cook until the sauce is reduced, about 5 minutes. Skim off excess oil from the top and discard.

# Slow Cooker Chicken Curry with Quinoa

## Ingredients

1 1/2 pounds diced chicken breast meat  
3/4 cup chopped onion  
1 1/4 cups chopped celery  
1 3/4 cups chopped Granny Smith apples  
1 cup chicken broth  
1/4 cup nonfat milk  
1 tablespoon curry powder  
1/4 teaspoon paprika  
1/3 cup quinoa

## Directions

Place the chicken, onion, celery, apple, chicken broth, milk, curry powder, and paprika into a slow cooker; stir until mixed. Cover, and cook on Low for 4 to 5 hours. Stir in the quinoa during the final 35 minutes of cooking. Serve when quinoa is tender.

# Tuna Curry in a Hurry

## Ingredients

2 tablespoons butter  
1 clove garlic, minced  
1/3 cup chopped onion  
1/3 cup chopped green bell pepper  
1 (6 ounce) can tuna, drained and flaked  
1 cup sour cream  
1 teaspoon curry powder

## Directions

Over medium-low heat melt butter in a large saucepan. Add garlic, onions and green pepper. Cook slowly, stirring occasionally, until onions are soft.

Stir in tuna, sour cream, curry powder, salt and pepper. Heat until warm and serve.

# Panang Curry with Chicken

## Ingredients

5 tablespoons Panang curry paste  
cooking oil  
4 cups coconut milk  
2/3 pound skinless, boneless  
chicken breast, cubed  
2 tablespoons palm sugar  
2 tablespoons fish sauce, or to  
taste  
6 kaffir lime leaves, torn  
2 fresh red chile peppers, sliced  
1/4 cup fresh Thai basil leaves

## Directions

Fry the curry paste in the oil in a large skillet or wok over medium heat until fragrant. Stir the coconut milk into the curry paste and bring to a boil. Add the chicken; cook and stir until the chicken is nearly cooked through, 10 to 15 minutes. Stir the palm sugar, fish sauce, and lime leaves into the mixture; simmer together for 5 minutes. Taste and adjust the saltiness by adding more fish sauce if necessary. Garnish with sliced red chile peppers and Thai basil leaves to serve.

# Curry Pasta Salad

## Ingredients

1 (8 ounce) package uncooked tri-color spiral pasta  
1 teaspoon curry powder  
salt to taste  
1 tablespoon mayonnaise  
1 tablespoon lemon juice  
1 apple - peeled, cored and finely chopped  
1/4 cup raisins  
1/4 cup chopped green onions  
2 carrots, grated  
1/4 cup firm tofu, crumbled  
3 tablespoons pine nuts

## Directions

Bring a large pot of salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain.

In a large bowl, combine the curry powder, salt, mayonnaise and lemon juice. Add cooked pasta and toss to coat. Then add the apple, sultanas or raisins, green onion, carrots, tofu and nuts. Mix well. Serve and enjoy!

# Mango Chicken Curry

## Ingredients

1/2 cup chopped onion  
1 medium sweet red pepper,  
julienned  
2 teaspoons vegetable oil  
1 1/2 pounds skinless, boneless  
chicken breast halves - cut into  
thin strips  
1 tablespoon curry powder  
2 teaspoons minced fresh  
gingerroot  
1 teaspoon minced garlic  
1/2 teaspoon salt  
1/8 teaspoon cayenne pepper  
1 cup chopped peeled mango  
3/4 cup coconut milk  
2 tablespoons tomato paste  
Hot cooked rice

## Directions

In a large skillet, saute onion and red pepper in oil for 2-4 minutes or until crisp-tender. Add the chicken, curry, ginger, garlic, salt and cayenne. Cook and stir for 5 minutes. Stir in the mango, coconut milk and tomato paste; bring to a boil. Reduce heat; cover and simmer for 10 minutes or until chicken is no longer pink. Serve with rice if desired.

# Lemon-Curry Deviled Eggs

## Ingredients

16 hard-cooked eggs  
1/3 cup sour cream  
2 tablespoons lemon juice  
1/2 teaspoon salt  
1/2 teaspoon paprika  
1/2 teaspoon ground mustard  
1/2 teaspoon curry powder  
1 dash Worcestershire sauce

## Directions

Cut eggs in half lengthwise. Remove the yolks; set whites aside. In a bowl, mash yolks. Add the remaining ingredients; mix well. Spoon into egg whites. Refrigerate until serving.

# Curry Beef Stir-Fry

## Ingredients

1 tablespoon cornstarch  
1 tablespoon reduced-sodium soy sauce  
6 tablespoons cold water, divided  
2 tablespoons vegetable oil, divided  
1 pound boneless sirloin steak, cut into thin strips  
1 garlic clove, minced  
1/8 teaspoon ground ginger  
1 small onion, cut into 1/2-inch wedges  
1 cup sliced celery  
1 medium green pepper, cut into 1-inch pieces  
3 medium tomatoes, cut into 1/2-inch wedges  
SAUCE:  
1 tablespoon cornstarch  
1/2 cup cold water  
3 tablespoons ketchup  
1 tablespoon reduced-sodium soy sauce  
1 teaspoon curry powder  
Hot cooked rice

## Directions

In a large bowl, combine cornstarch, soy sauce, 2 tablespoons water and 1 tablespoon oil until smooth; add beef and toss to coat.

In a large skillet or wok, stir-fry beef, garlic and ginger in remaining oil until meat reaches desired doneness. Remove meat with a slotted spoon and keep warm. Add the onion, celery, green pepper and remaining water to the skillet. Cover and cook for 2 minutes. Add tomatoes and beef.

For sauce, combine the cornstarch, water, ketchup, soy sauce and curry until smooth; add to the skillet. Bring to a boil; cook and stir for 2 minutes. Serve over rice.

# Green Bean Curry

## Ingredients

1 tablespoon vegetable oil  
1 onion, sliced  
1 serrano peppers, thinly sliced  
1 clove garlic, crushed  
5 fresh curry leaves  
1 tablespoon curry powder  
1/2 teaspoon fenugreek seeds  
1/4 teaspoon ground turmeric  
salt to taste  
1 pound fresh green beans,  
trimmed  
1/2 cup coconut milk  
2 tablespoons lime juice

## Directions

Heat the oil in a saucepan over medium-high heat. Cook the onion, serrano pepper, garlic, and curry leaves in the oil until the onions are golden brown. Stir in the curry powder, fenugreek seeds, turmeric, and salt; cook another 3 minutes. Add the green beans to the mixture and stir until evenly coated. Reduce heat to medium-low and cook until the beans are al dente. Pour in the coconut milk and simmer at least 5 minutes more. Remove from heat and stir in the lime juice just before serving.

# Mild Curry Omelet

## Ingredients

1 tablespoon light sesame oil  
1/2 teaspoon minced garlic  
2 tablespoons minced onion  
2 tablespoons thinly sliced green onion  
1/4 cup diced red bell pepper  
1/4 teaspoon salt  
1/2 teaspoon ground coriander  
1/2 teaspoon ground cumin  
1/2 teaspoon ground turmeric  
2 eggs, beaten

## Directions

Heat sesame oil in a skillet over medium heat. Stir in the garlic, and cook for 20 seconds until fragrant, then stir in the onion, green onion, bell pepper, and salt. Cook for a minute or two until the vegetables soften. Sprinkle with coriander, cumin, and turmeric; cook for 30 seconds until fragrant.

Spread the vegetables evenly over the bottom of the skillet. Pour in egg, and cook gently until set, then turn over, and cook for an addition 30 seconds to firm. Roll omelet onto a plate to serve.

# Lemon-Curry Chicken Casserole

## Ingredients

2 (12 ounce) packages frozen cut asparagus, thawed and drained  
4 boneless skinless chicken breast halves, cut into 1/2-inch strips  
salt and pepper to taste  
3 tablespoons butter  
1 (10.75 ounce) can condensed cream of chicken soup, undiluted  
1/2 cup mayonnaise  
1/4 cup lemon juice  
1 teaspoon curry powder  
1/4 teaspoon ground ginger  
1/8 teaspoon pepper  
1/2 cup sliced almonds, toasted

## Directions

Place asparagus in a greased 11-in. x 7-in. x 2-in. baking dish; set aside. Sprinkle chicken with salt and pepper. In a large skillet, saute chicken in butter for 10-14 minutes or until juices run clear. Place over asparagus. Combine soup, mayonnaise, lemon juice, curry powder, ginger and pepper; spoon over chicken. Bake, uncovered, at 350 degrees F for 35 minutes. Sprinkle with almonds and return to the oven for 5 minutes.

# Baingan Bharta (Eggplant Curry)

## Ingredients

- 1 large eggplant
- 2 tablespoons vegetable oil
- 1 teaspoon cumin seeds
- 1 medium onion, thinly sliced
- 1 tablespoon ginger garlic paste
- 1 tablespoon curry powder
- 1 tomato, diced
- 1/2 cup plain yogurt
- 1 fresh jalapeno chile pepper, finely chopped
- 1 teaspoon salt
- 1/4 bunch cilantro, finely chopped

## Directions

Preheat oven to 450 degrees F (230 degrees C).

Place eggplant on a medium baking sheet. Bake 20 to 30 minutes in the preheated oven, until tender. Remove from heat, cool, peel, and chop.

Heat oil in a medium saucepan over medium heat. Mix in cumin seeds and onion. Cook and stir until onion is tender.

Mix ginger garlic paste, curry powder, and tomato into the saucepan, and cook about 1 minute. Stir in yogurt. Mix in eggplant and jalapeno pepper, and season with salt. Cover, and cook 10 minutes over high heat. Remove cover, reduce heat to low, and continue cooking about 5 minutes. Garnish with cilantro to serve.

# Chicken Curry I

## Ingredients

1 (3 pound) whole chicken, skin removed and cut into pieces  
3 onions, chopped  
1 teaspoon ground cinnamon  
1 bay leaf  
2 cloves crushed garlic  
1/4 teaspoon ground ginger  
1 teaspoon paprika  
3 tablespoons curry powder  
1/2 teaspoon white sugar  
1/2 lemon, juiced  
1/2 teaspoon cayenne pepper  
1 tablespoon tomato paste  
1 pinch salt  
1/4 cup olive oil  
water to cover

## Directions

Fry the onions in olive oil until browned. Add the cinnamon and the bay leaf. Continue stirring and add the ginger, paprika, curry powder, sugar, salt, and garlic. Continue stirring for 2 minutes. Mixture will become much like a paste.

Add chicken pieces and tomato. Add enough water to just cover the chicken. Simmer until chicken is done, about 20 minutes.

Just before serving, add the lemon juice and the cayenne pepper. Simmer for 5 more minutes.

# Chicken Curry Puffs

## Ingredients

1 tablespoon vegetable oil  
1/2 teaspoon ground coriander  
1/2 teaspoon ground turmeric  
1/2 teaspoon ground cumin  
2 teaspoons curry powder  
1/2 cup coconut milk, or more as needed  
2 red onions, chopped  
1 stalk lemon grass, thinly sliced  
1 red chile pepper, roughly chopped  
1 large russet potato, diced  
3/4 pound skinless, boneless chicken breast, cut in bite-sized pieces  
1 teaspoon salt  
1 (17.25 ounce) package frozen puff pastry, thawed

## Directions

Heat vegetable oil in a saucepan over medium-low heat. Stir in coriander, turmeric, cumin, and curry powder. Cook a few seconds until fragrant. Pour in coconut milk, onions, lemon grass, and red pepper; cook until the vegetables are tender, about 7 minutes. Stir in potato and continue cooking for 12 minutes, adding more coconut milk if the mixture becomes too dry. Stir in the chicken, then season with salt. Cook and stir until chicken and potato has absorbed most of the liquid, then spread mixture on a plate to cool.

Preheat an oven to 375 degrees F (190 degrees C). Line 2 baking sheets with parchment paper.

Unfold puff pastry and cut each sheet into 9 squares. Place heaping spoonfuls of the filling in the center of each square. Gather all 4 corners of the pastry and pinch together at the top, forming a small pouch. Place each pastry on the baking sheet, about 1 inch apart.

Bake in the preheated oven until golden brown, 22 to 27 minutes. Cool on the baking sheet for 10 minutes before removing to cool on a wire rack. Serve warm or at room temperature.

# Vegetable Curry

## Ingredients

1/4 cup butter  
2 tablespoons olive oil  
1/2 large onion, finely chopped  
2 large carrots, sliced  
2 tablespoons curry powder  
1/2 teaspoon ground turmeric  
salt and ground black pepper to taste  
1 pinch red pepper flakes  
1 head cauliflower, broken into small florets  
2 large potatoes, peeled and cubed

## Directions

Heat the butter and olive oil in a large skillet over medium heat. Add the onion and carrots; cook and stir until tender. Season with curry powder, turmeric, salt, pepper, and red pepper flakes.

Add the cauliflower and potatoes to the pan, and stir to coat with spices. Reduce heat to medium-low, cover, and simmer for 20 minutes, or until the potatoes are tender. Stir occasionally.

# Indian Shrimp Curry

## Ingredients

2 tablespoons peanut oil  
1/2 sweet onion, minced  
2 cloves garlic, chopped  
1 teaspoon ground ginger  
1 teaspoon ground cumin  
1 1/2 teaspoons ground turmeric  
1 teaspoon paprika  
1/2 teaspoon chili powder  
1 (14.5 ounce) can chopped tomatoes  
1 (14 ounce) can coconut milk  
1 teaspoon salt  
1 pound cooked and peeled shrimp  
2 tablespoons chopped fresh cilantro

## Directions

Heat the oil in a large skillet over medium heat; cook the onion in the hot oil until translucent, about 5 minutes. Remove the skillet from the heat and allow it to cool slightly, about 2 minutes. Add the garlic, ginger, cumin, turmeric, paprika, and chili powder to the onion and stir over low heat. Pour the tomatoes and coconut milk into the skillet; season with salt. Cook the mixture at a simmer, stirring occasionally, about 10 minutes. Stir the shrimp, fresh cilantro, and dried cilantro into the sauce mixture; cook another 1 minute before serving.

# Curry Fish Stew

## Ingredients

2 tablespoons soybean oil  
1 medium onion, finely chopped  
2 green onions, finely chopped  
1 fresh red chile pepper, finely chopped  
1 1/2 tablespoons chopped pimento peppers  
2 tablespoons curry powder  
1 pint light whipping cream  
3/4 pound cod fillets, cut into 1 inch cubes  
garlic powder to taste  
salt and pepper to taste

## Directions

Heat oil in a medium saucepan over medium heat. Stir in onion, green onions, red chile pepper, and pimentos. Cook and stir until onions are tender, about 5 minutes. Mix in curry powder, and continue to cook and stir 2 to 5 minutes.

Blend cream into the onion mixture, and simmer until thickened. Mix in cod, cooking 3 to 5 minutes, until easily flaked with a fork. Season with garlic powder, salt, and pepper.

# Coconut Curry Fish

## Ingredients

2 cups water  
1 cup uncooked brown rice  
1 tablespoon vegetable oil  
1 large onion, chopped  
3 cloves garlic, crushed  
1 pound cod fillets, cut into chunks  
1 1/2 tablespoons curry powder  
2 teaspoons chili powder  
1 teaspoon ground turmeric  
1 teaspoon ground cumin  
salt and pepper to taste  
1 (14 ounce) can coconut milk  
1 (16 ounce) package frozen stir-fry vegetables  
1 tablespoon cornstarch

## Directions

Bring the water and rice to a boil in a pot. Cover, reduce heat to low, and simmer 45 minutes.

Heat the oil in a skillet over medium-high heat. Stir in the onion and garlic, and cook 1 minute. Mix in cod, and season with curry powder, chili powder, turmeric, cumin, salt, and pepper. Pour in the coconut milk, and mix in frozen vegetables. Cover, and cook 10 minutes, or until vegetables are tender and cod is easily flaked with a fork.

Drain 1/2 cup liquid from the skillet into a bowl, and mix with cornstarch. Stir back into skillet to thicken sauce. Serve over the cooked rice.

# Easy Turkey Curry

## Ingredients

3 cups water  
1 1/2 cups uncooked rice  
  
1/4 cup onion, minced  
1 tablespoon butter  
1 (10.75 ounce) can condensed cream of mushroom soup  
1 (6 ounce) can sliced mushrooms, drained  
1/4 cup milk  
1 cup sour cream  
1/2 teaspoon curry powder  
2 cups cooked turkey meat, chopped or shredded

## Directions

In a saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

In a medium saucepan over medium heat, melt the butter, Saute the onion until translucent, not browned. Reduce the heat to a simmer, and stir in the mushroom soup, drained mushrooms, and milk. Heat while stirring constantly until the mixture is smooth. Add the sour cream, curry powder, and turkey meat, stirring while it all heats through. Cover and allow to low simmer 20 to 25 minutes. Ladle the curry mixture evenly over the rice for each individual serving.

# Easy Curry Rice

## Ingredients

2 cups uncooked white rice,  
rinsed  
3 cups water  
3 tablespoons mild curry powder

## Directions

Stir the rice, water, and curry powder together in a rice cooker; cook for 1 full cycle or until all the water is absorbed, 15 to 20 minutes.

# Mushroom Curry with Galangal

## Ingredients

2 cups coconut milk  
1 (2 inch) piece galangal, peeled and sliced  
3 kaffir lime leaves, torn  
2 teaspoons salt  
1/3 pound sliced fresh mushrooms  
5 Thai chile peppers, chopped  
1/4 cup fresh lime juice  
1 tablespoon fish sauce

## Directions

Put the coconut milk and galangal in a pot and bring to a boil. Add the kaffir lime leaves and salt; simmer for 10 minutes. Add the mushrooms and cook until soft, 5 to 7 minutes. Remove from heat. Stir the lime juice and fish sauce into the mixture; pour into a bowl and top with the Thai chilies to serve.

# Thai Curry Chicken and Rice

## Ingredients

1 tablespoon canola oil  
2 tablespoons green curry paste  
1 pound boneless skinless chicken breasts, cut into bite-size pieces  
1 small onion, thinly sliced  
1 red pepper, cut into thin strips, then cut crosswise in half  
1 green pepper, cut into thin strips, then cut crosswise in half  
4 ounces PHILADELPHIA Cream Cheese, cubed  
1/4 cup milk  
1/8 teaspoon white pepper  
2 cups hot cooked long-grain white rice

## Directions

Heat oil in large nonstick skillet on medium heat. Stir in curry paste until well blended. Add chicken and onions; cook and stir 6 to 8 min. or until chicken is done (165 degrees F). Stir in red and green peppers; cook 4 to 5 min. or until crisp-tender.

Add cream cheese, milk and white pepper; cook until cream cheese is melted and evenly coats chicken and vegetables, stirring frequently.

Serve over rice.

# Shrimp Curry Rice

## Ingredients

2 1/3 cups water  
1 tablespoon butter or margarine  
1 (6 ounce) package long grain  
and wild rice mix  
1/2 teaspoon curry powder  
1 (6 ounce) can small shrimp,  
rinsed and drained  
4 bacon strips, cooked and  
crumbled

## Directions

Place water and butter in a large saucepan; stir in rice, contents of rice seasoning packet and curry powder. Bring to a boil. Reduce heat; cover and simmer for 15 minutes.

Add shrimp and bacon. Cover and simmer 10 minutes longer or until liquid is absorbed and rice is tender.

# Tomato-Curry Lentil Stew

## Ingredients

1/2 cup dry lentils  
1 cup water  
5 ounces stewed tomatoes  
1/8 cup chopped onion  
2 stalks celery, chopped, with leaves  
1/4 teaspoon curry powder  
3 cloves garlic, minced  
salt to taste  
ground black pepper to taste

## Directions

Combine lentils and water, bring to a boil.

Lower heat to simmer, add tomatoes, onion, and celery. Cover and let simmer 45 minutes. Check every 15 minutes to stir, and add water if necessary. Add spices last 15 minutes to taste. Taste and re-spice if necessary before serving.

# Thai Green Curry Chicken

## Ingredients

1 pound skinless, boneless chicken breast halves - cut into 1 inch cubes  
1 tablespoon dark soy sauce  
1 tablespoon all-purpose flour  
2 tablespoons cooking oil  
2 tablespoons green curry paste  
2 green onions with tops, chopped  
3 cloves garlic, peeled and chopped  
1 teaspoon fresh ginger, peeled and finely chopped  
2 cups coconut milk  
1 tablespoon fish sauce  
1 tablespoon dark soy sauce  
2 tablespoons white sugar  
1/2 cup cilantro leaves, for garnish

## Directions

Toss chicken first in 1 tablespoon dark soy sauce, then in the flour, coating pieces evenly. Heat the oil in a large skillet over medium high heat. Place chicken in the skillet, cook and stir chicken until browned, about 5 minutes. Remove chicken.

Reduce heat to medium and stir in curry paste. Cook for 1 minute until fragrant, then stir in green onions, garlic, and ginger; cook an additional 2 minutes. Return chicken to the skillet, stirring to coat with the curry mixture. Stir the coconut milk, fish sauce, 1 tablespoon soy sauce, and sugar into the chicken-curry mixture. Allow to simmer over medium heat for 20 minutes until the chicken is tender. Serve garnished with cilantro leaves.

# Beef Curry Soup

## Ingredients

1 pound cubed beef stew meat  
2 onions, chopped  
2 tablespoons margarine  
6 cups beef stock  
2 tablespoons curry powder  
2 bay leaves  
2 potatoes, sliced  
2 tablespoons distilled white vinegar  
2 teaspoons salt

## Directions

In a large saucepan or pot, brown the beef cubes and onions in butter or margarine.

Add the beef stock, curry and bay leaves. Cook at low heat for 30 minutes.

Add the potatoes, vinegar, and salt. Simmer for 45 minutes to 1 hour, until all is tender. Serve hot!!

# Black Pepper Goat Curry

## Ingredients

1 teaspoon vegetable oil  
1 onion, chopped  
1/2 cup fresh curry leaves  
2 tablespoons whole black peppercorns  
2 tablespoons ground coriander  
1/2 cup water

3 tablespoons vegetable oil  
2 onions, thinly sliced  
2 inch piece ginger, minced  
5 cloves garlic, minced  
2 tablespoons cayenne pepper, or amount to taste  
1 tablespoon salt  
1 tablespoon ground turmeric  
1/2 cup tomato paste  
1 pound goat stew meat, cut into 1-inch cubes  
1/2 cup water

## Directions

Heat 1 teaspoon of oil in a saucepan over medium heat. Stir in the chopped onion, and cook until the onion turns translucent and the edges begin to brown, about 7 minutes. Scrape the onion into the container of a blender, and set aside. Return the saucepan to the stove, and stir in the curry leaves and peppercorns. Cook and stir until the curry leaves wilt and turn almost dry, about 5 minutes. Stir in the coriander, and cook 1 minute more. Scrape the curry leaves into the blender, and pour in 1/2 cup of water. Blend until the mixture has turned into a coarse paste.

Heat 3 tablespoons of oil in the saucepan over medium heat. Stir in the sliced onions, and cook until the onions have softened and turned translucent, about 5 minutes. Stir in the ginger and garlic, continue cooking until the garlic softens and mellows, about 3 minutes more. Stir in the cayenne pepper, salt, and turmeric; continue cooking 2 minutes. Finally, stir in the tomato paste, goat meat, pureed peppercorn sauce, and the remaining 1/2 cup of water. Bring to a simmer, then reduce heat to medium-low, cover, and simmer until the meat is tender, about 30 minutes.

# Orange Curry Chicken

## Ingredients

1 cup uncooked long-grain white rice  
2 cups water  
2 tablespoons margarine  
1 teaspoon dried parsley  
2 tablespoons vegetable oil  
1/2 medium onion, chopped  
1 whole boneless, skinless chicken breast, cubed  
1 1/2 teaspoons curry powder  
1 teaspoon Worcestershire sauce  
1/2 cup water  
1 tablespoon orange zest

## Directions

Place rice and 2 cups water in a medium saucepan, and bring to a boil. Mix in margarine and parsley. Reduce heat, cover, and simmer 15 to 20 minutes.

Heat oil in a medium skillet over medium heat, and stir in the onion and chicken. Cook, stirring occasionally, 25 minutes, or until chicken is no longer pink and juices run clear.

Mix curry powder, Worcestershire sauce, and 1/2 cup water into the skillet with the chicken. Reduce heat, and simmer about 5 minutes. Stir in the orange zest. Continue cooking until most of the water has been reduced. Mix in the rice to serve.

# Peanut Vegetable Curry Wraps

## Ingredients

2 tablespoons CRISCO® Canola Oil  
4 cloves garlic, minced  
1 cup chopped onions  
1 tablespoon curry powder  
3/4 cup chopped cauliflower  
3/4 cup chopped broccoli  
1/2 cup shredded carrots  
Salt and pepper to taste  
1/2 cup chopped ripe tomatoes  
1/2 cup JIF® Creamy Peanut Butter  
8 tortillas or chapati  
Plain yogurt or sour cream  
3 scallions, chopped

## Directions

Heat the CRISCO® Canola Oil in a large skillet over medium heat. Add the garlic and onions and cook, stirring often until just tender. Do not allow to brown. Stir in the curry powder and cook about 1 minute. Add the cauliflower, broccoli, carrots, salt, and pepper.

Cover and cook about 4-5 minutes, until the vegetables are just cooked. Stir in the tomatoes and JIF®. Cook about 1 minute uncovered.

# Spinach Salad With Berries and Curry Dressing

## Ingredients

6 cups fresh spinach, torn into bite-size pieces  
1 cup thickly sliced strawberries  
1 cup blueberries, trimmed  
1 small red onion, thinly sliced  
1/2 cup chopped pecans

### Non-Fat Curry Dressing:

2 tablespoons balsamic vinegar  
2 tablespoons rice vinegar  
4 teaspoons honey  
1 teaspoon curry powder  
2 teaspoons Dijon mustard  
1 pinch Salt and pepper to taste

## Directions

Wash and dry spinach. Whip together dressing ingredients. Add to spinach and toss lightly. Add berries, onion and pecans. Toss lightly and serve.

# Chicken Curry II

## Ingredients

1 (2 to 3 pound) whole chicken, cut into pieces  
1 tablespoon garam masala  
1 tablespoon garlic powder  
2 tablespoons olive oil  
2 onions, chopped  
1 cup chicken broth  
1 (10.75 ounce) can condensed cream of chicken soup  
4 potatoes, peeled and cubed  
4 tablespoons curry powder  
salt and pepper to taste  
2 ounces golden raisins

## Directions

Rub the chicken with garam masala and garlic powder. In a large saute pan, over medium heat brown chicken in olive oil in a large pot.

Remove chicken and saute onions in the same oil, until golden. Return the chicken to the pan and cover with the broth. Simmer until the meat is tender and can be easily picked off of the bone. Remove the chicken to cool.

Mix the soup into the broth in the pan, then add the potatoes and the curry. Simmer until tender. As soon as the chicken is cool enough to handle, remove the meat from the skin and bones and, if necessary, cut into bite size pieces. When the potatoes are done, add the meat to the potato mixture and heat through. You may add golden raisins at this point if desired, adjust seasonings and serve!

# Chicken Curry III

## Ingredients

3 cloves garlic, crushed  
3 small onions, minced  
1 slice fresh ginger root  
5 tablespoons curry powder  
5 tablespoons water  
2 tablespoons olive oil  
1 cup yogurt  
1 cup coconut milk  
1 cup milk  
1 cup water  
2 large potatoes, cubed  
1 (4 pound) whole chicken, cut  
into 8 pieces  
salt to taste

## Directions

In a small bowl, grind together garlic, onion and ginger. In a separate small bowl, mix together curry powder and 5 tablespoons water.

Heat oil in a large skillet over medium high heat. Saute garlic, ginger and onion until browned; add curry paste and saute together until smell is strong and fragrant.

Add yogurt, coconut milk and regular milk along with 1 cup of water, and stir all together. Then add potatoes and chicken and bring to a boil; reduce heat and simmer until potatoes are tender and chicken is cooked through, about 20 to 25 minutes.

Season with salt to taste and simmer for another 2 minutes; the curry is ready!

# The Best Thai Curry-Peanut Sauce

## Ingredients

1 tablespoon vegetable oil  
1 1/2 tablespoons minced garlic  
2 tablespoons red curry paste  
1 1/4 cups creamy peanut butter  
3/4 cup brown sugar  
1/2 teaspoon chili powder  
1/2 teaspoon cayenne pepper  
1/2 tablespoon fish sauce  
1 teaspoon sesame oil  
3 (13.5 ounce) cans coconut milk

## Directions

Heat the oil in a large skillet over medium heat. Stir in the garlic, and cook until the aroma of the garlic has mellowed, about 1 minute. Add the red curry paste, and stir for 1 minute more. Whisk in the peanut butter, brown sugar, chili powder, cayenne pepper, fish sauce, sesame oil, and coconut milk. Bring to a simmer, whisking occasionally, until the sauce has thickened and is smooth.

# Thai Curry Tofu

## Ingredients

1 tablespoon canola oil  
1 (12 ounce) package extra-firm  
tofu, drained and cubed  
1 tablespoon seasoned salt, or to  
taste  
1 tablespoon butter or margarine  
1 small onion, chopped  
3 cloves garlic, minced  
1 (10 ounce) can coconut milk  
2 teaspoons curry powder  
1/2 teaspoon salt  
1/4 teaspoon ground black  
pepper  
1/4 cup chopped fresh cilantro

## Directions

Heat oil in a large skillet over medium-high heat. Add tofu cubes, season with seasoned salt and fry until golden on all sides, stirring occasionally, about 15 minutes. Remove to paper towels, and set aside.

Melt butter or margarine in the same skillet over medium heat. Add the onion and garlic; cook and stir until tender. Stir in coconut milk, curry powder, salt, pepper and cilantro. Return the tofu to the skillet. Simmer over low heat for 15 minutes, stirring occasionally.