

Curry

I can't recall having ever had curry growing up and I'm certain I've not made one for the family. It is a true favorite though. Mutton / Lamb curry ... I have had jobs in Malaysia and the Middle East where I eat at the little blue collar restaurants 4 nights a week just to have mutton curry each time.

My partner in Malaysia taught me to make curry, though hers was far better.

The first time I had curried crab (whole crabs in the curry) was in Malaysia with a friend and his family from Korea. The single messiest dinner I have ever had. We needed rain gear and had to take showers when we were done. But good !!!

I make all my curries the same way (depending on what's available) and only switch up the meat / veg option. Seafood still rules.

With a focus on one-pot-wonders, and my inherent efficiency (laziness), I do appreciate the pre-made curry pastes. Takes so much of the unpleasant work out of making wonderful curries.

Curry Base

- brown up meat / seafood in a little oil
- in the case of 'in the shell' shellfish, crabs or such ... I steam them with the lid on and then reduce the water as best I can to save the goodness
- saute a diced onion, ginger and garlic with meat / seafood, a little more oil maybe
- throw in veg to your hearts' content (peeled if you like, chopped to size)
- Simmer to taste / thickness of broth.

Add CURRY PASTE either pre-made or from scratch ... and some coconut milk

Pre-Made Curry Pastes

Complete pastes come in a 'brick' like a chocolate bar. I break off 1 or 2 small squares for a small curry (good for me for 2 or 3 large meals) ... or more for larger pots ... this is a 'to taste' experience thing

Throw paste into CURRY BASE, bring to desired volume using a mix of water and coconut milk. More water is a thinner, more coconut milk is a thicker finished curry. I usually do 50:50.

Mix paste in well, simmer / reduce to thickness, enjoy

In 2021 Charley and I tried a pre-made curry paste I wasn't familiar with. A little jar of the stuff. It made more of a hodgepodge than a veg curry. It was good - but I'll stick with my curry paste bars in the future.

Curry Paste from Scratch

add 3 parts lemon or lime juice

add 1 part curry spice (paste) ('raw' or unflavored)

add 1 part brown sugar (or less ... I like less)

add herbs and spices to taste

For a small curry I would use teaspoons, for a large curry tablespoons, for a massive affair maybe cups ? Experience will tell you, maybe start with a small curry and teaspoons the first time.

Mix everything in well, tasting and modifying as you go

Simmer / reduce to thickness

Add to - or make in - CURRY BASE - add in some coconut milk and / or water.

Simmer, reduce, enjoy.

Taiwan Octopus Curry (circa 2016)



