

# VEGETABLE CURRY (ベジタリアンカレー)



*Classed as yoshoku (Western food), curry was introduced to Japan in the late 1860s by the British and has since become one of the country's favourite dishes.*

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**PREP:** 30 min

**COOK:** 1.5 hr

**SERVES:** 2

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### WHAT YOU'LL NEED

- A large pot or donabe
- Measuring jug
- Spice grinder
- Chopping board
- Small frying pan

### INGREDIENTS

#### SPICE MIX (OPTIONAL)

- 2 Tbsp coriander
  - 1/2 Tbsp fenu-greek
  - 3 tsp black pepper
  - 1 cinnamon stick
  - 2 star anise
  - 3 tsp chilli powder
  - 3 Tbsp cumin
  - 3 tsp cardamom
  - 1/2 tsp fennel
  - 2 cloves
  - 2 Tbsp turmeric
  - 1/4 tsp nut-
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- 1/4 tsp paprika
- 1/2 piece ginger

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## FOR THE CURRY

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|----------------------------------------------|-----------------------------|
| • 2 Tbsp vegetable oil                       | • 2 garlic cloves           |
| • 1 piece of ginger                          | • 1 onion                   |
| • 2 carrots                                  | • 2 potatoes                |
| • 1/4 butternut squash                       | • 1/2 aubergine             |
|                                              | • 1 package tofu (optional) |
| • 1 liter vegetable stock                    | • 1/2 apple                 |
| • 1.5 Tbsp honey                             | • 2.5 Tbsp soy sauce        |
| • 1/2 liter dashi                            | • 1/2 Tbsp sake             |
| • 50 g unsalted butter, or vegan alternative | • 50 g plain flour          |
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- 25 g spice mix or 1 package curry roux
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## STEPS

### FOR THE SPICE MIX (OPTIONAL)

1. In a small frying pan, toast the spice mix ingredients until fragrant, excluding paprika, nutmeg and ginger.
2. Combine the toasted spice mix with the paprika, nutmeg, and ginger in a grinder, and pulse to a fine powder.
3. In a medium frying pan, melt butter over low heat. Stir in flour and cook, stirring frequently until the roux is dark brown.

This will take approximately 25 minutes.

4. Add ginger and stir fry for 1 minute.
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5. Add the spice mix and cook for a further minute. Remove the pan from the heat and allow to cool.
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### *FOR THE CURRY*

1. In a large pot or donabe, heat 1 Tbsp oil over medium heat.
  2. Add onion, potatoes, butternut squash, and carrots, and cook until softened.
  3. Add the ginger and garlic and cook until fragrant.
  4. Pour in sake and increase the heat to medium high. Allow to reduce.
  5. Add the vegetable stock and dashi, and bring to a boil. Reduce the heat and simmer, covered for 10 minutes.
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6. Add the honey and apple and simmer for an additional 10 minutes, or until the vegetables are tender.
  7. In a separate pan, saute the mushrooms and aubergine in 1 Tbsp oil until browned. Season with salt and pepper.
  8. Add the mushrooms and aubergine to the pot and bring to a simmer.
  9. If using the spice blend, add the roux into the broth and simmer until thickened.
  10. If using a curry roux pack, add one block to a ladle or strainer and allow to dissolve. Repeat with the remaining blocks.
  11. Add soy sauce, and salt and pepper to taste.
  12. if using, add the tofu for the final 3 minutes of cooking and cook over a low heat.
  13. Serve over rice. Optional: Serve with a ramen egg, .
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