

CHICKEN CURRY (カ レーライス)



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.

PREP: 30 min

COOK: 1.5 hr

SERVES: 2

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 car-damom
 - 1/2 tsp fennel
 - 2 cloves
 - 2 Tbsp tur-meric
 - 1/4 tsp nut-
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- 1/4 tsp paprika

meg

- 1/2 piece
ginger
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FOR THE CURRY

- 2 Tbsp sesame oil

- 2 garlic
cloves

- 1 piece of ginger

- 1 onion

- 3 carrots

- 2 pota-
toes

- 1 liter

- 1/2 apple

- 1.5 Tbsp honey

- 2.5 Tbsp
soy
sauce

- 1/2 liter

- 1/2 Tbsp
sake

- 50 g unsalted butter

- 50 g
plain
flour

- 25 g spice mix or 1 pack-
age 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.
 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 sesame oil over medium heat and season chicken with salt and pepper.
 2. Add chicken to the pot and cook until golden brown on each side. Remove to a plate.
 3. Add onion and carrots and cook until softened.
 4. Add the ginger and garlic and cook until fragrant.
 5. Pour in sake and increase the heat to medium high. Allow to reduce.
 6. Add the chicken stock, dashi and chicken, bring to a boil. Reduce the heat and simmer, covered for 30 minutes.
 7. Add the honey, potatoes and apple and simmer for an additional 20 minutes, or until the potatoes are tender.
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8. If using the spice blend, add the roux into the broth and simmer until thickened.
 9. If using a curry roux pack, add one block to a ladle or strainer and allow to dissolve. Repeat with the remaining blocks.
 10. Add soy sauce, and salt and pepper to taste.
 11. Serve over rice. Optional: Serve with a ramen egg.
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