

Fluvanna County Public Library

Spice of the Month Club

Curry Powder (Spice Blend)

Flavor Profile: Meaty, Warm, Floral

Spice Blend Ingredients: a blend of coriander, cumin, turmeric, ginger, fenugreek, nutmeg, red pepper and onion (McCormick Brand)

A blend of strongly flavored spices popular in Eastern Indian cooking that are ground into a finely powdered substance that take on a yellow hue. Curry powder was created by the British to evoke the essence of Indian food and is not used in authentic Indian cooking. The confusion may come from a popular Indian dish known as “curry,” but that term refers not to the spice blend but the dish itself, which is made up of a sauce or gravy along with meat and vegetables. The spice blend most often used in an Indian curry is garam masala.

Curry Powder vs. Garam Masala (Next Month!)

Curry powder and garam masala are mixtures of various spices that bring both complex flavor and rich color to a dish. Curry powder’s main ingredient is turmeric, which gives it that signature yellow tint but not a lot of taste. The blend’s mild flavor is credited to spices such as fenugreek and cumin, as well as coriander. The recipes for garam masala can vary by region but is sweeter and more pungent than curry powder. The blend of spices typically incorporates cinnamon, cardamom, nutmeg, mace, and cloves, as well as coriander and cumin.

Although curry powder is not meant for traditional Indian dishes, it still has a place in the spice drawer as it can add a unique taste to a variety of recipes. Curry powder can be used to season roasted vegetables, pureed soups, hummus, egg salad, and even popcorn. It will give an ordinary recipe a touch of warmth and depth.

This spice blend benefits from being mixed with a liquid (like broth or coconut milk) or yogurt before adding it to the dish, which helps the flavors of the curry powder infuse into the other ingredients. Curry powder is also meant for slower cooked recipes, so it has time to release the flavors.

Curry powder combines both sweet and savory elements, creating a spice powder that is earthy and warm with a bit of brightness to it. The powder can range from mild to spicy, depending on the type and amount of pepper used; mild will list ginger and black pepper as ingredients, while chile peppers will signify a spicy blend.

Food Partners – Curries made with the powder are used to season poultry, lamb, beef, and a variety of vegetables such as peas, cauliflower, onions, and potatoes.

Pairs well with – Add to chicken, tuna, shrimp or egg salad by blending into mayonnaise or other salad base. Add to soups, stews, and casseroles. Curry blends with beef, tofu and tempeh.

Healing Power – Potent Anti-Inflammatory, may improve heart health, may have anti-cancer effects, contains powerful antioxidants, may help lower blood sugar levels, may improve brain health, may improve feelings of fullness, has antifungal and antibacterial properties, and may boost digestive health.

****Although this spice blend is not hot – those who are unfamiliar with curry spice blends could find the flavor quite overpowering – if you are not sure you can always lower the amount you put in a recipe.**

Homemade Curry Powder

Ingredients

- 3 tsp. turmeric
- 2 tsp. coriander
- ¼ tsp. yellow ground mustard
- ½ tsp. ginger
- ½ tsp. white pepper
- ½ tsp. fenugreek
- 1 ½ tsp. cumin
- 1 tsp. cardamom
- ¼ tsp. mixed spice – see notes



Instructions

1. Measure the spices out into an airtight jar.
2. Close the lid and shake well.
3. Store in a cool dry place
4. NOTE: Mixed spice made up of cinnamon, nutmeg and allspice. If it is unavailable a pinch of cinnamon, nutmeg and allspice can be used instead.

<https://www.sprinklesandsprouts.com/homemade-curry-powder/>

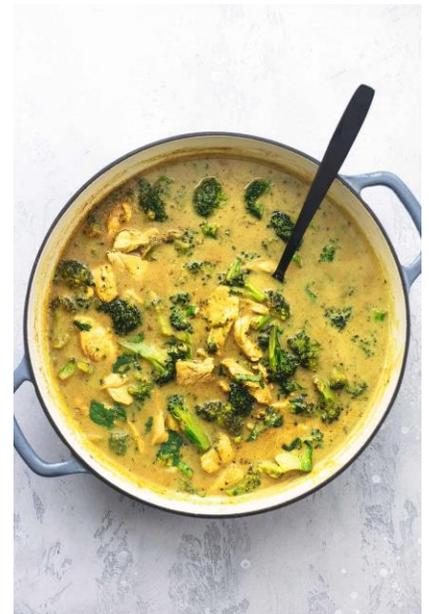
Chicken and Broccoli Coconut Curry

Ingredients

- 4 cups broccoli florets
- 3 large boneless skinless chicken breasts – thinly sliced into strips
- 2 tablespoons + 2 tsp. yellow curry powder
- 1 tsp. salt – more to taste
- 2 (15 ounce) cans Thai coconut milk – see note
- Juice of ½ lime – about 2 tsp.
- 1 tsp. sugar
- Fresh cilantro for garnish (optional)

Instructions

1. Drizzle sesame oil into a large skillet
2. Add chicken and broccoli and saute over medium-high heat 2-3 minutes. Sprinkle curry powder and salt over the chicken and broccoli and continue to saute until broccoli is done and chicken is just barely cooked through, about 7-8 minutes.
3. Stir in coconut milk, lime juice and sugar.
4. Taste, add salt as needed. Garnish with fresh cilantro and serve over rice.
5. NOTE: Author suggested using canned Taste of Thai or Thai Kitchen unsweetened canned coconut milk over what you find in the refrigerated section of the store.



<https://www.lecremedelacrumb.com/chicken-and-broccoli-coconut-curry>

Easy Curry Chicken Salad

Ingredients

- 4 cups cooked chicken
- 2 stalks celery, chopped small
- 2 carrots, chopped small
- ¼ cup diced red onion
- ½ cup sliced almonds
- ½ cup raisins
- ½ cup chopped cilantro (or parsley if you prefer)

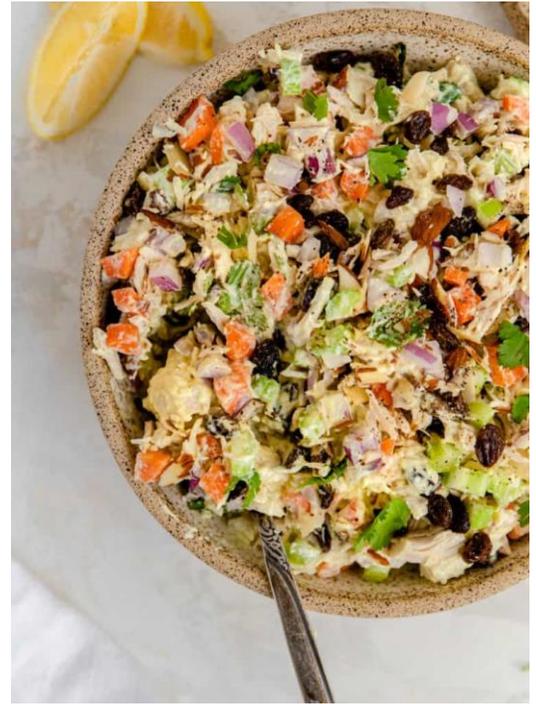
Dressing

- ¼ cup plain Greek yogurt
- ¼ cup mayo
- 1 tablespoon lemon juice
- 1tablespoon curry powder
- ½ tsp. salt
- ½ tsp. pepper

Instructions

1. Prepare your chicken and veggies by chopping small.
2. Add chicken, celery, carrots, onions, almonds, raisins, and cilantro (or parsley) to a large bowl.
3. In a small bowl, whisk together dressing ingredients.
4. Pour dressing over chicken mixture and mix to combine.
5. Let chill in fridge at least 1 hours before serving.

<https://www.erinliveswhole.com/easy-curry-chicken-salad/>



Easy Curry Rice Recipe

Ingredients

- 1 cup long grain rice
- 16 ounces vegetable broth
- 1 cup green bell pepper – one bell pepper
- ½ cup white onion, diced
- 1 tsp. curry powder
- ½ tsp. salt
- ¼ tsp. black pepper
- ½ cup peas – fresh or frozen
- 2 fresh green onions, cut, for sprinkling over the top when serving (optional)



Instructions

1. Cook the rice with the vegetable broth and to make it super easy use a Rice Cooker. Otherwise, use the instructions on your rice package – to make it even easier – buy a pack of steamable rice to substitute for rice and broth.
2. While the rice is cooking – in a large skillet – saute the chopped onion and green bell pepper in one tablespoon water until the onion is translucent. About 10-15 minutes.
3. Stir in the curry powder, salt and pepper.
4. Stir on low for 5 minutes.
5. Add the cooked rice and frozen peas to the skillet mixture and heat through.
6. Serve with the chopped green onions sprinkled over the top.

<https://veganinthefreezer.com/easy-curry-rice/>

Slow Cooker Sweet Potato Lentil Curry (Vegan)

Ingredients

- 3 cups sweet potato, peeled and cubed (about 2 medium)
- 1 cup dry green lentils
- 1 cup bell pepper, any color (about 1 large)
- 1 cup onion, chopped (about 1 medium)
- 1 tablespoon fresh ginger, minced
- 3-5 cloves of garlic, minced
- 1 (28 ounces) can tomatoes, diced or crushed
- 3 cups vegetable broth (no salt added/low sodium)
- 3 tablespoons curry powder
- ½ tablespoon sugar
- 1 (400 ml) can coconut milk
- Salt to taste
- Cilantro, chopped for garnish (optional)
- Lime juice, fresh for garnish (optional)



Instructions

1. Prepare all the vegetables by peeling and cubing 3 cups sweet potatoes, chop 1 onion and 1 bell pepper, mince 1 tablespoon ginger and 3-5 cloves. Add all these vegetables to a slow cooker.
2. Add the remaining ingredients, except the coconut milk, to the slow cooker; 28 oz. can crushed or diced tomatoes, 3 cup vegetable broth, 3 tablespoons curry powder and ½ tablespoon sugar.
3. Stir the ingredients together.
4. Set the slow cooker to high heat for 4 hours. Stir occasionally if possible (not necessary).

5. Once the curry is cooked (and lentils are soft through the center), stir in a 400 ml can coconut milk.
6. Serve as-is or alongside a cooked grain (rice, quinoa, etc.).
7. Optional to top with chopped cilantro and/or fresh lime juice.

https://lettucevegout.com/wprm_print/4371

Lemon Curry Dip

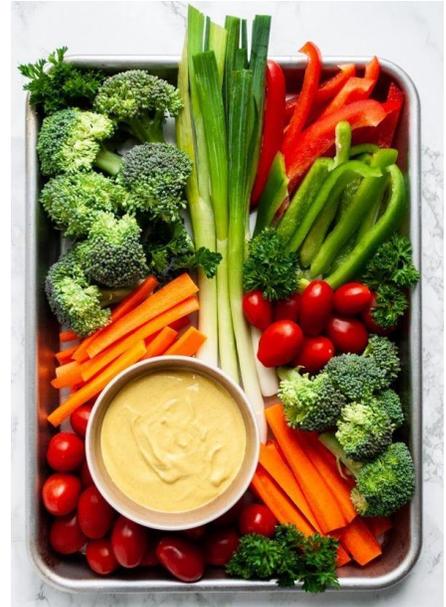
Ingredients

- ½ cup sour cream
- ½ cup mayo
- 1 tsp. curry powder
- ½ tsp. seasoned salt
- Juice from ½ a lemon

Instructions

1. Mix all the ingredients together in an airtight container.
2. Allow to chill in the fridge about 8 hours before serving.
3. NOTE: This works great as a dip, but also as a marinade for chicken or chicken tenders and is quite yummy used to make deviled eggs.

(from staff member Ellen Mayoue)



Corn Chickpea Kale Coconut Curry

- 2 tablespoon oil
- 1 cup sweet corn (boiled)
- 4 cloves garlic (finely chopped)
- ½ tablespoon ginger (grated)
- Salt to taste
- 1 tablespoon curry powder
- ½ tsp. chili powder
- 1 cube stock powder
- 2/3 cup coconut milk
- 1 cup chickpeas (soaked overnight and boiled)
- 3 cups Kale (chopped)
- 1 tablespoon sugar (preferred brown sugar)
- 2/3 cup water
- Brown rice/quinoa (for serving)

Instructions

1. Heat oil and add ginger, garlic and sweet corn. Let cook on medium flame for 3 minutes until the corn is toasted and crispy.
2. Add curry powder, salt chili powder, stock cube, chickpeas, kale, coconut milk, water and sugar. Let cook for about 10 minutes on medium low until the curry has thickened up and the kale leaves have wilted.



3. Serve over brown rice or quinoa.

<https://thetwincookingproject.net/corn-chickpea-and-kale-coconut-curry/>

Creamy Curry Pasta (Vegan)

Ingredients

- 2 ¼ cups rigatoni pasta
- 10 oz. frozen spinach, cooked and strained
- 10 oz. baby bella mushrooms, cleaned and sliced thin
- 3 tablespoons olive oil
- 2 tsp. sesame seed oil
- 2 garlic cloves, grated
- ½ cup small diced white onion
- ½ tsp. salt
- 2 tsp. curry powder
- 1 (13 ½ oz.) can coconut milk
- 2 tablespoons water
- 4 tsp. cornstarch
- ¼ tsp. garlic powder
- ½ ladle of reserved pasta water if needed to thin the sauce



Instructions

1. In a large sauce pan heat the 3 tablespoons of olive oil, add the mushrooms and cook for 15-17 minutes until deep brown. Spoon onto a paper towel lined plate and sprinkle with salt. Set aside until the end of the recipe. While the mushrooms are cooking, cook your frozen spinach and bring a large pot of salted water to boil.
2. Once the water is boiling, add the noodles and cook according to package directions.
3. While the pasta is cooking heat the 2 tsp. of sesame seed oil, diced onions, and grated garlic in a medium pan over medium heat for 3-4 minutes. Add the curry powder and stir to coat the onions. Pour in the coconut milk and season with the sugar and salt. In a small bowl, combine the water and cornstarch then pour into the coconut sauce, raise the heat so the sauce boils, then reduce to simmer. If needed, add ½ of a ladle of the boiling pasta water to the sauce and stir. Simmer the sauce on low heat until the noodles are done cooking. If the sauce at any point gets to water/thin, add cornstarch a teaspoon at a time and whisk into the sauce, you'll just need to re-boil any time you add cornstarch so that it activates and thickens the sauce. If your sauce ever gets too thick, add small amounts of the boiling pasta water to bring it back to a cream sauce consistency.
4. To serve, pour the drained rigatoni into the pan with the coconut curry sauce and stir until all the noodles are coated. To each bowl of pasta, top with the roasted broccoli and roasted chick peas. Serve with naan.
5. NOTE: Use coconut milk from the can, not the kind in the milk aisle. You can also use traditional pasta noodles or rice noodles.

<https://aseasonedgreeting.com/2020/03/04/creamy-curry-vegan-pasta-recipe/>

Curried Sweet Potato & Carrot Fritters

Ingredients

- 1 ½ cups shredded sweet potato
- 1 cup shredded/grated carrot
- 1/3 cup quinoa flour
- 1 large egg lightly beaten (or 2 flax eggs)
- 2 tsp. curry powder
- Salt and pepper to taste
- Coconut oil for cooking
- Topping: yogurt ginger + parsley and/or sliced green onions)



Instructions

1. In a large bowl, combine the sweet potato, carrots, flour, egg(s), curry powder, salt and pepper. Stir the mixture together with a spatula or wooden spoon until combined.
2. Add 2-3 tablespoons of coconut oil into a large skillet over medium-high heat. Once the oil is hot, form small patties out of the sweet potato mixture in your hands.
3. Cook the fritters until golden brown, about 2-3 minutes, then flip cook an additional 2 minutes. Transfer the fritters to a cooling rack. Repeat this process with the remaining mixture.
4. Serve slightly warm as is (or with a quick mixture of non-dairy yogurt, ginger and parsley or simply sliced green onions).
5. NOTE: You can substitute equal amounts of All Purpose flour, cornmeal, rice flour or almond flour if you don't have quinoa flour.

<https://www.simplyquinoa.com/curried-carrot-sweet-potato-fritters>

Curried Wild Rice Salad with Raisins and Pecans

Ingredients – For Salad

- 1 (6 oz.) box Uncle Ben's Long Grain + Wild Rice
- ½ cup radishes, finely diced
- ½ cup red onions, finely diced
- ½ cup pecans, toasted and chopped
- ½ cup fresh parsley, chopped
- ½ cup raisins
- ½ cup golden raisins

For vinaigrette

- ¼ cup extra-virgin olive oil
- 3 tablespoons white wine vinegar
- 1 ½ tablespoons granulated sugar
- 1 tablespoon curry powder
- ½ tsp. salt
- ¼ tsp. black pepper



Instructions

1. Cook rice according to package directions, omitting the butter and seasonings. Once rice is cooked, rinse under cold water, drain well and place in a medium bowl.
2. Add remaining salad ingredients to bowl and stir to combine.
3. To make the vinaigrette, combine all of the ingredients in a small jar or a container with a tight fitting lid. Cover and shake vigorously for 30-45 seconds, until well mixed and the sugar is dissolved.
4. Pour vinaigrette over salad and toss to combine.
5. Serve or chill until ready to serve.
6. NOTE: This can be made ahead up to a day before. This salad keeps in the fridge, completely dressed, for 2-3 days.

<https://www.familyfoodonthetable.com/curried-wild-rice-salad-raisins-pecans/>

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Spice Resources at Fluvanna Library

Cook for Your Gut Health: Quiet Your Gut, Boost Fiber, and Reduce Inflammation – 641.5638 AME

The Cook's Illustrated Cookbook: 2,000 recipes from 20 years of America's Most Trusted Food Magazine – 641.5973 COO

Healthy Slow Cooker Revolution: One Test Kitchen, 40 slow cookers, 200 fresh recipes – 641.5884 HEA

Milk Street Fast and Slow: Instant Pot Cooking at the Speed You Need – by Christopher Kimball – 641.587 KIM

Real Stew: 300 Recipes for authentic home-cooked cassoulet, gumbo, chili, curry, minestrone, bouillabaisse, stroganoff, goulash, chowder, and much more – By Clifford Wright – 641.8 WRI

Simply Nigella: Feel Good Food – by Nigella Lawson – 641.523 LAW

The Vegetarian Meat and Potatoes Cookbook – by Robin Robertson – 641.5636 ROB

Fiction Books

Hell Hath No Curry: A Pennsylvania Dutch Mystery with Recipes – by Tamar Myers – F MYERS

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