

ANY **HOW TO MAKE CURRY**

BY SHERYL JOHNSTON

Heat 2 TBS oil in a heavy bottomed stockpot. Add onion & cook till translucent, stirring frequently. Add 2 cloves garlic, 2 tsp salt & about 2 TBS *total* SPICES, stirring till aromatic.

Next, add 2-3 cups hard VEGETABLES (i.e., potatoes, sweet potatoes, carrot, butternut squash, pumpkin, cauliflower) & saute in the fragrant oil until they begin to soften. Add tomatoes (28-oz can) if using & water or broth. Simmer until vegetables are just tender, 10-20 minutes.

Finally, add 2-3 cups soft & leafy vegetables (peppers, eggplant, zucchini, peas, kale, spinach, chard) as well as 1-2 cups PROTEINS (legumes or plant-based), simmering to combine flavors, 20-30 minutes.

Add a half-cup of SWEETS halfway through. If your curry seems too thick or chunky or dry, add more water or broth.

Taste for seasoning & add 2-4 TBS finishing FLOURISHES (bright, fresh extras like lemon juice or herbs). Simmer 5 more minutes. *Voila! Curry!*

This formula will yield 10-12 servings & keeps well in the fridge for about a week.

INDIAN CURRY

SPICES

curry
garam masala
cinnamon
cardamom
cumin
cloves
mustard seed
fenugreek
anise
turmeric
coriander
chilies

PROTEINS

lentils
chickpeas
almonds
cashews
seitan
potatoes
eggplant
carrots
green beans
onions
cabbage

VEGETABLES

peas
cauliflower
spinach
peppers
tomatoes

SWEETS

coconut
mangoes
raisins
apples
brown sugar

FLOURISHES

mint
cilantro
lime juice
yogurt
tamarind

THAI CURRY

SPICES

chiles
cinnamon
bay leaves
cumin
cloves
turmeric
coriander
cardamom
curry paste

PROTEINS

mung beans
tofu
seitan
peanuts
cabbage
onion
spinach
carrots
potato
sprouts

VEGETABLES

eggplant
peppers
cucumber
mushrooms

SWEETS

mango
banana
brown sugar
coconut milk
soy sauce
lime juice

FLOURISHES

scallions
cilantro
mint
basil

INDONESIAN CURRY

SPICES

peanuts

tofu

tempeh

PROTEINS

chiles

cinnamon

cloves

cumin

coriander

turmeric

nutmeg

curry pastes

VEGETABLES

tomatoes

eggplant

spinach

potatoes

corn

peas

onions

carrots

snow peas

SWEETS

coconut

tamarind

sugar

pineapple

FLOURISHES

lime juice

soy sauce

shallots

basil

mint

cilantro

MOROCCAN CURRY

SPICES

pistachios
almonds
chickpeas
pine nuts
peanuts

PROTEINS

chiles
cinnamon
cumin
cloves
turmeric
coriander

VEGETABLES

eggplant
pumpkin
bell peppers
squash
yams
turnips
tomatoes
carrots
onions
zucchini

SWEETS

figs
dates
raisins
prunes
orangeo
lemons

FLOURISHES

olives
capers
mint
parsley
cilantro

CARIBBEAN CURRY

SPICES

red beans
seitan
soysage
chiles

PROTEINS

allspice
thyme
curry
collards
bay leaves

VEGETABLES

peppers
tomatoes
yams
pineapple
okra
avocado
squash

SWEETS

coconut
banana
sugar

FLOURISHES

cilantro
scallions
chives
lime
soy sauce
mint