

RECIPE

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JAPANESE CURRY LOADED WITH TENDER CHUNKS OF CHICKEN, CARROTS AND POTATOES IN A RICH SAVOURY CURRY SAUCE

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Servings 4 SERVINGS
Prep Time 10 MINUTES
Cook Time 80 MINUTES

Ingredients for curry

- 550 grams chicken thighs - boneless and skinless
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon oil
- 14 grams garlic grated (~2 large cloves)
- 14 grams ginger grated (~1/2-inch piece)
- 500 grams onion thinly sliced (2 large onions)
- 2 1/2 tablespoons curry powder (use a Japanese brand such as S&B)
- 3 cups chicken stock
- 300 grams carrots cut into chunks (~ 2 carrots)
- 1 small apple peeled cored and grated
- 2 tablespoons chunou sauce
- 1 tablespoon tomato paste
- 1 teaspoon salt
- 1 bay leaf
- 350 grams potatoes cut into large chunks (~2 medium potatoes)
- 1/2 cup green peas

For the roux

- 1 tablespoon butter
- 1 tablespoon flour

METHOD

1. Trim any fat or skin from the chicken and cut into large chunks. Sprinkle with 1 teaspoon of salt and 1/4 teaspoon of pepper and mix to distribute evenly.
2. Heat the vegetable oil in a heavy bottomed pot over medium-high heat until hot and then place the chicken in the pan in a single layer. Let the chicken brown undisturbed (about 5 minutes). Flip the chicken and let it brown on the other side.
3. Turn down the heat to medium-low and transfer the chicken to a bowl using tongs, making sure to leave as much oil in the pan as possible.
4. Add the grated garlic and ginger and fry in the oil until it's not sizzling as much and it reaches a rich caramel brown colour.
5. Add the onions, and stir to coat with oil. Cover with a lid and let the onions steam until translucent and soft (about 10-15 minutes).



6. Remove the lid, turn the heat up to medium and continue frying the onions, stirring constantly until it's reduced to about 1/8 of its original volume and it forms a shiny caramel brown paste (about 20-30 minutes). If the onion starts to stick to the pan before it's fully caramelized, try scrubbing off the stuck bits with a spatula. If that doesn't work you can add just a bit of water to the areas where things are sticking and then use the spatula to scrape.
7. When the onions are fully caramelized, add the curry powder and saute briefly until very fragrant.
8. Return the chicken to the pot and then add the stock, carrots, grated apple, chunou sauce, tomato paste, cocoa powder, salt and the bay leaf. Bring to a boil over high heat and then reduce the heat. Cover and simmer for 15 minutes.
9. Add the potatoes, cover and simmer until the carrots and potatoes are very tender (another 15- 20 minutes).
10. In the meantime, make the roux by adding the butter and flour to a small saucepan over medium heat. Use a spatula to stir constantly until the bubbling subsides and the roux is a light brown colour.
11. When the potatoes are tender, taste and adjust salt to taste. If you like your curry sweeter, you can add some honey.
12. Make the roux by melting the butter and stirring in the flour. Finish the curry by adding the roux and green peas and bringing to a boil to thicken the sauce.
13. Serve with hot rice.

Fukujinzuke & Rakyo



Fukujinzuke is a type of Japanese pickle that is often used as a topping for Japanese curry.

The introduction of fukujinzuke may have been in response to the use of chutneys as an accompaniment to Indian curries. It is said to have first been used on Japanese curry served on board luxury ships in the Showa Period. The ingredients for fukujinzuke correspond to the seven deities of good luck - found in daikon (radish), turnips, eggplant, lotus root, beans, uri, and perilla.

There is still one more topping, called rakyo. The allyl sulfide found in rakyo is said to prevent the feeling of a bloated stomach when you eat too much curry rice. The benefits of rakyo aren't limited to just that, though. It also helps recovery from fatigue, and is good for increasing stamina. When eaten with brown rice, you can expect to absorb more of the nutrients as allyl sulfide will increase your body's ability to absorb vitamin B1.



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Japanese ingredients used in Washoku Lovers Kitchen Japanese Curry can be found at Tokyo Mart, Northbridge Plaza.

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Thurs	9AM - 6:30PM
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Shop 27/79-113 Sailors Bay Road,
Northbridge NSW 2063

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Improve your Washoku cooking just by adding authentic Japanese ingredients, all found at Tokyo Mart.

