



## "Yellow Creamy Curry"

Recipe by Chris Chan, Grade 7, McBride Elementary

Best Flavour Award for Project CHEF Curry Cup 2016

Yield: 6 servings  
Preparation Time: About 30 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"> <li>● 2 Tbsp (30mL) vegetable oil</li> <li>● 10 white or brown button mushrooms, sliced</li> <li>● 2 carrots, large dice</li> <li>● ½ yellow large onion, cut into medium-sized dice</li> <li>● 2 cloves garlic, minced</li> <li>● 8 small red potatoes, cut into large dice</li> <li>● ½ tsp (2mL) chili flakes</li> <li>● 2 tsp (10mL) curry powder</li> <li>● ½ tsp (2mL) turmeric</li> <li>● ½ tsp (2mL) cumin</li> <li>● ¼ tsp (1mL) coriander</li> <li>● 1 tsp (5mL) salt</li> <li>● ¼ tsp (1mL) ground black pepper</li> <li>● 3 cups (750mL) chicken or vegetable stock</li> <li>● ½ cup (125mL) whipping cream</li> <li>● cilantro, chopped, to garnish</li> <li>● (Optional) 150g extra firm tofu, cut into bite sized cubes</li> </ul>	<ul style="list-style-type: none"> <li>● Measuring spoons</li> <li>● Sharp knife</li> <li>● Cutting board</li> <li>● Medium-sized bowl</li> <li>● Pot or Dutch oven</li> <li>● Wooden spoon or silicone spatula</li> <li>● Liquid measuring cup</li> </ul>

Method:

1. Wash the **vegetables**.
2. Slice the **mushrooms**, about pinky wide in widths, scoop into a bowl.
3. Cut the **carrots** into a large dice. Half the carrot lengthwise, then cut each strips into pinky-wide strips, add to the bowl.

4. Peel the **onion**, and slice the onion into pinky wide strips. Take one or two pieces at a time and cut them once or twice more to achieve a rough dice. Add the onions to the bowl of mushrooms and carrots.
5. Cut the **potatoes** into bite size pieces and add to a new bowl.
6. Grate the **garlic** cloves into the bowl of potatoes, using a microplane.
7. Accurately measure all the **spices** into a small bowl. Make sure to wipe the measuring spoon after each use so that you are scooping into the spice using a clean spoon.
9. Place a large pot on the stove on high, add 1Tbsp (15mL) of **oil**, and wait until the pot & oil are hot.
8. Add the bowl with mushrooms, carrots, and onion, and cook until the onions start to brown and mushrooms appear wet. Use a spatula to stir constantly to avoid burning, about 5 minutes.
9. Add the bowl of potatoes & garlic about and cook for about 1 minute.
10. Add the spice mix, and stir. Continue to stir so that the spices do not stick to the bottom.
11. Add stock and season with **salt** and freshly ground **pepper**. Bring to a boil then cover and simmer until vegetables are soft. You can check by poking one of the potatoes using a fork.
12. Add the optional **tofu** if using, and bring to a boil.
13. Check seasoning and add salt if needed. Add **cream** and stir until heated.
14. Serve over **rice** and garnish with chopped **cilantro**.