

# Better Way to Wellness

- Get Nourished... Be Well

## Curries

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Curry is a general term used to describe a combination of herbs and spices or the dish flavored by these herbs and spices. Curries vary with cultural traditions and tend to be prevalent in cultures that reside in warm or hot climates. Many of the individual herbs and spices used in curries have scientifically documented health benefits. These health benefits are due mainly to the high antioxidant value of these foods. Demonstrated tonight are curries from Thailand, India and Burma (Myanmar)

### Eggplant in Thai Red Curry Sauce

#### Indian Tofu Makhani

#### Parathas – Griddle Bread

#### Burmese Chicken Curry

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### Eggplant in Thai Red Curry Sauce

(Serves 4)

#### Eggplant:

4-5 Japanese or Chinese eggplant (elongated type), cut into ½” thick disks

¼ cup vegetable oil

1 teaspoon sea salt

Preheat oven to 425F

Toss the eggplant with the vegetable oil and sea salt. Spread in a single layer on a sheet pan lined with parchment. Roast for 20-25 minutes or until the eggplant is cooked through.

#### Thai Red Curry Sauce:

2 tablespoons oil

4-inch piece ginger skin on, sliced and smashed

1 large lemon grass, white part only, about 4-inch piece, smashed

1 (2-inch) piece galangal, peeled and chopped

2 dried red Thai chiles

2 teaspoons ground cumin

1 teaspoon sweet paprika

2 teaspoons red Thai curry paste

¼ cup diced tomato

1-15 oz can unsweetened coconut milk

2 to 3 tablespoons lime juice

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2 to 3 tablespoons fish sauce  
8 Makrut (kaffir) lime leaves  
Sea salt and palm (or brown) sugar, to taste  
1/2 cup Thai basil leaves, roughly chopped

In a medium saucepan, over high heat, add the vegetable oil and stir fry the ginger, lemon grass and galangal. Cook until glossy and aromatic, stirring constantly, about 2 minutes. Add the Thai chiles and stir-fry another 30 seconds. Add the cumin, paprika, red Thai curry paste and tomato. Cook another 1 to 2 minutes, stirring constantly. Deglaze the saucepan with coconut milk and bring mixture to a boil. Lower heat to a simmer, add the lime juice, fish sauce and lime leaves Allow to simmer for 10 minutes and reduce slightly.

Season, to taste, with salt and sugar. Remove from heat and steep for 20 minutes. Strain.

Gently stir in eggplant and the Thai basil. Bring to a simmer and serve.

### **Indian Tofu Makhani**

(Serves 4)

1 pkg firm tofu  
2-3 tablespoons butter  
1/2 red onion, sliced in thin strips  
1 tablespoon ginger, finely chopped  
1 tablespoon of garlic, finely chopped or pressed  
1 tablespoon garam masala  
1/2 teaspoon hot paprika (or to taste)  
1 teaspoon chili powder  
1 teaspoon ground cumin  
1 bay leaf  
1 cup tomato sauce  
1/2 cup water  
sea salt and pepper to taste (be generous with the salt - it will bring out the other flavours)  
2/3 cup cream  
1 teaspoon honey  
2 teaspoons lemon juice  
3-4 Tbs fresh coriander/cilantro

Cook the red onion in butter until they are limp and soft, about seven minutes. In the meantime, cut the tofu in bite-sized cubes. Remove the onions from the pan when they are cooked, leaving as much of the butter as possible. Turn up the flame a bit and add the tofu. Brown on all sides. When the tofu is browned, add the spices, ginger and garlic and stir for a few minutes until it is fragrant. Add a few tablespoons of water and use the liquid to deglaze, scraping up any bits of spice that have stuck to the bottom of the pan. Add the tomato, return the onion mix back into the pan. Let simmer for a few minutes. Add the cream and honey.

Just before serving, adjust seasoning. It might need more salt, a squeeze of lemon juice or another teaspoon of spicy paprika. Stir in the coriander leaves. Serve with parathas or brown basmati rice.

### **Parathas – Griddle Bread**

(14-16 parathas)

2 cups whole wheat flour  
1 teaspoon sea salt  
1 – 1 ¼ cup water  
3 Tablespoon Ghee or clarified butter  
1 Tablespoon flour  
additional ghee for cooking

Mix 2 cups flour and sea salt in a medium bowl. Add ½ cup of water and mix together with your hands. Add a ¼ cup of water, mix together then add more water a little at a time until a ball forms.

Knead dough for about 5 minutes until the dough is smooth, soft and only slightly sticky. You may add some flour if the dough is too sticky. Cover with a clean damp kitchen towel and let rest for 10 – 30 minutes.

Mix 3 Tablespoon of ghee with 1 tablespoon of flour.

Divide dough into roughly equal size (golf ball) portions. Keeping the dough balls covered with the damp cloth while forming each paratha.

On a clean floured surface, roll a ball into a round disk about 1/8" thick. Spread a thin layer of the ghee/flour mixture on the disk. Starting from one side, roll up tightly. Anchor one end and wind the long roll around it into a flat spiral coil. Tuck the end under and press the coil to flatten slightly. Roll out the coil into a pancake about 3/8" thick. Cover with a kitchen towel. Repeat with the remaining dough.

Heat a cast iron griddle until hot. Place a paratha on the griddle, when it starts to develop brown spots and puff, drizzle a few drops of ghee on top and flip over. When the second side develops brown spots and puffs, again drizzle a few drops of ghee on top and flip over. When golden brown on both sides remove from griddle and serve immediately.

### **Burmese Chicken Curry**

2 lb chicken thighs (quartered)  
2 teaspoons hot curry powder  
1/2 teaspoon salt  
1/2 teaspoon garam masala  
4 tablespoons peanut oil

1/2 teaspoon cayenne pepper  
2 teaspoons paprika  
2 onions (chopped)  
4 garlic cloves (chopped)  
1 heaped teaspoon minced ginger  
2 tomatoes (chopped)  
1 cup chicken broth or water  
1 tablespoon fish sauce  
1 stick of lemongrass (cut to about 6" and the bulb end pounded to release  
aroma)

Sprinkle curry powder, salt and garam masala over the chicken and set aside.  
In a blender or food processor mix onions, garlic, paprika, cayenne pepper and  
ginger into a thick paste.

Heat the oil in a deep pan and fry the paste over a medium heat for about 10  
minutes.

Add the chicken and turn up the heat stirring for another few minutes.

Add the tomatoes and stir for a further 5 minutes.

Add chicken broth or water, lemongrass and the fish sauce and bring to a boil.

Turn down the heat, partially cover the pan and gently simmer for at least 45  
minutes until the chicken is very tender. Remove the lid and simmer for a further  
15 minutes to reduce the sauce.

Serve with brown basmati rice.