

Did you know...

Curry powder is a blend of spices and can vary depending on the region and ingredients. Indian curry powders often include turmeric, Kashmiri chile powder, fenugreek, cardamom, mustard powder, and cumin as base spices. In contrast, Thai curries will typically have ginger, galangal, lemongrass, basil, makrut lime, and coriander seeds as a base.

Indian curry powders are best in recipes that cook slowly at lower heats, whereas Thai curries do well in quicker cooking methods like a stir fry.
spicesinc.com/blogs/what-curry-powder



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September 2024
Spice of the Month:

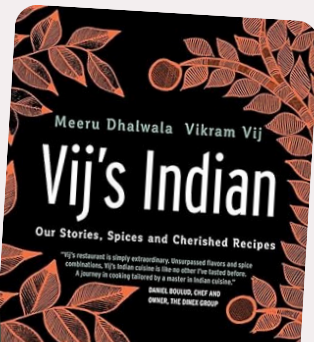
Curry Powder

Easy Chicken Curry

recipe from kitchensanctuary.com

Ingredients:

- 2 tbsp vegetable oil
- 3 chicken breasts, chopped into bite-size chunks
- 1 large onion peeled and finely chopped
- 2 cloves garlic, minced
- 2 tsp minced ginger
- 2 tbsp mild curry powder
- 1 tbsp ground coriander
- ½ tsp ground cumin
- 1 tsp paprika
- ½ tsp ground cinnamon
- ½ tsp salt
- ½ tsp black pepper
- 2 tbsp tomato paste
- 400 g (14 oz) tin finely chopped tomatoes
- 240 ml (1 cup) chicken stock
- 400 ml (14 oz) tin full-fat coconut milk
- 1 tbsp cornstarch mixed with 2 tbsp cold water to make a slurry
optional
- 60 g (2 cups) baby spinach



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Directions:

- Heat oil in a large frying pan over a medium-high heat.
- Add the chicken and cook for 5 minutes, turning occasionally, until seared.
- Add the onion to the pan (with the chicken still in there) and cook for 5 minutes, stirring often, to soften.
- Add the garlic, ginger, curry powder, ground coriander, cumin, paprika, cinnamon, salt, and pepper. Stir and cook for a further minute.
- Add the tomato paste, tinned tomatoes, stock, and coconut milk.
- Bring to a gentle bubble, then simmer gently, stirring occasionally for 10 minutes – until the chicken is cooked through.
- If you would like to thicken the curry, stir in the cornstarch slurry. This is optional, you can leave it out if the curry thickness is to your liking.
- Stir in the spinach (it should wilt quickly) then turn off the heat.

Top with cilantro if desired.

Serve with rice and naan bread.

Curry Ketchup

recipe from foodnetwork.com

Ingredients

- 1/4 cup minced onion
- 1 tablespoon butter
- 1 teaspoon curry powder
- 1 teaspoon paprika
- 1 pinch of cayenne
- 1 cup ketchup
- 1/2 cup water



Directions:

- Cook 1/4 cup minced onion in a saucepan with 1 tablespoon butter until soft, 3 minutes.
- Add 1 teaspoon each curry powder and paprika and a pinch of cayenne; cook until toasted, 1 minute.
- Add 1 cup ketchup and 1/2 cup water; simmer until thick, about 25 minutes.

Curry Ketchup is popular in Germany where you will find many enjoying Currywurst (think curry ketchup poured over Bratwurst).