

Microwave Coconut Milk Curry

Yield: 2-3 servings

Total time: 15 minutes

Ingredients

***Potato** | 1 large or 2 small washed well

Coconut milk | 14oz can (full fat is preferred)

****Curry Paste** | 1 small container (either green or red will work)

Frozen green peas | ½ cup or so

Microwave rice | 10 oz package

* I used potato to make the recipe vegan, you can substitute the potato with meat. If using meat, please be sure that it is fully cooked before adding it to the curry.

** I used about 2 oz of curry paste (about half the small container). You can use more or less based on your preference

Directions

Wash and dry potatoes to remove any dirt. Remove any eyes from the potatoes

Pierce your potatoes with all over with a fork. (This will prevent them from exploding in the microwave)

Microwave your potatoes for about 5 minutes.

While your potatoes microwave, empty your coconut milk into a large microwave safe bowl

Mix in curry paste into the coconut milk to taste

Remove the potatoes from the microwave

Microwave the coconut milk and curry mixture for about two minutes

While the curry mixture is in the microwave cut up your cooked potatoes into bite-sized pieces

When the curry mixture is warm, add the frozen peas to the curry and return to the microwave for about 30 seconds.

Put microwaveable rice into the microwave and prepare per packet instructions

Add potato chunks to the coconut curry mixture and mix well.

Serve with rice.

Special Diet Information

As presented, this is a vegan and gluten free recipe.

CAPTAIN'S QUICK CURRY
BASED ON THE
1908 JAPANESE NAVAL CURRY AND RICE
SERVES 6 HARDY INDIVIDUALS!

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INGREDIENTS

- Beef (Chicken or Pork Shoulder) – 1 pound (450g)
- Yellow or White Onions – 1 pound (450g)
- Carrots – 4.5 ounces (130g)
- Potatoes (any type) – 5 ounces (150 g)
- Cooking oil (Butter for richer taste) – 1 tablespoon
- Water (or Beef Stock) – 2 ³/₄ cups (660 ml)
- Pre-washed rice or *udon* (or other wide) noodles – 3 cups or 3 bundles

DIRECTIONS

- 1) Peel Potatoes
- 2) Chop onions well (1/2 inch or smaller pieces)
- 3) Chop onions, carrots, and potatoes into chunks
- 4) Cut beef (or protein of choice) into medium sized pieces
- 5) Add well- chopped onions and cook till they turned light brown.
- 6) Place beef pieces in the pan.
- 7) Cook beef pieces until browned
- 8) Add potato and carrot chunks and any remaining onions to pan. Mix well.
- 9) Add water (or beef stock) and bring to a boil. Simmer for about 15 - 20 minutes with lid partially closed.
- 10) Turn off heat.
- 11) Add Japanese Curry Cubes and stir thoroughly until dissolved / completely melted
- 12) Simmer for 5-10 minutes while stirring constantly.
- 13) Serve with rice or Japanese *udon* noodles

1872 CURRY BEEF AND RICE

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FIRST CURRY RECIPE TO BE PUBLISHED IN JAPAN!

INGREDIENTS

- **BEEF— 1/2 POUND (200g)**
- **ONION — 1 SPRING ONION**
- **BUTTER OR BEEF/PORK LARD— 3 TABLESPOONS (150g)**
- **CURRY POWER — 1 TABLESPOON**
- **FLOUR — 1 TABLESPOON**
- **SALT — PINCH OF SALT**
- **WATER OR BEEF STOCK — 1/2 CUP OF WATER (150 ML)**

DIRECTIONS

- 1. SLICE ONIONS, SAUTÉ WITH BUTTER UNTIL GOLDEN IN COLOR**
- 2. IN A SEPARATE BOWL, MIX IN CURRY POWDER, FLOUR, AND SALT.**
- 3. ADD CURRY, FLOUR, AND SALT MIXTURE INTO ONIONS AND BUTTER.**
- 4. THINLY SLICE BEEF AND ADD TO MIXTURE.**
- 5. SAUTÉ ON LOW HEAT FOR 10 MINUTES.**
- 6. ADD WATER**
- 7. LET SIMMER FOR 30 MINUTES.**
- 8. SERVE WITH RICE**