Basic Japanese Curry

Ingredients:

- 3 Tbsp. of Neutral oil, for cooking (e.g. Canola/Olive Oil)
- 1 Onion, diced
- *400g of a meat of your choice, chopped to bite-sized pieces
- 2 Carrots, cut into medallions
- 2 or 3 Yellow Potatoes, cubed
- Any additional vegetables of preference, such as eggplant, okra, pumpkin, etc.
- 1 package of Japanese curry seasoning (see reference image below)

*Replace this item with vegan/vegetarian friendly options if you desire!

Have some Cooked Rice or Toast on the side for a full meal!

Tip: Feel free to replace or omit any of the vegetables that I’ve listed. These are just the ones that I tend to use, and know to work well with the recipe.

Step 1: Cut your vegetables following the directions in the ingredient list. You can cut as you go if you’re a more experienced chef, but this will give you some peace of mind if you don’t want to leave your pot unattended for too long. If you’re serving rice on the side, start cooking that now.

Step 2: Prepare a large pot, add your oil and onion, and cook until the slices are translucent or slightly golden. Then, add your meat. Stirring as necessary, cook until the meat has browned.

Step 3: Add your vegetables from toughest to softest (e.g. potatoes first, then carrots, then eggplant, etc.). If you’re adding soft leaf vegetables, like spinach, don’t add them now. Add just enough water to cover the tops of the ingredients, and bring the pot to a boil. Remove the scum with a spoon. Reduce to a simmer and cook for another 20 minutes or so, until the toughest vegetables can be easily cut with a fork.

Step 4: Remove the pot from the stove. Add half a package of curry seasoning, and let it incorporate completely before adding more. Tasting as you go to make sure the flavour is to your liking, aim for a consistency that gives slight resistance to stirring. The thickened curry is prone to burning, so stir continuously. Return the pot to the heat, and add any final leaf vegetables. The curry is now done!