

VEGGIE CURRY



GROCERY LIST

please check and make sure we have everything. Lay it all out on the table and check the counts.

- 2-5# bags of potatoes (1-5# bag yukon gold = 20-25 potatoes, this allows ½ of a potato per serving)
- 2-1# boxes baby bella or white mushrooms
(shitake/oyster are too pricey) (20-25 mushrooms/per box-will cut in half or quarters depending on size)
- 12 med/lg yellow onions
- 30-35 large carrots
- 2 kabocha squash (if available)
- 6 red bell peppers
- 6 yellow peppers
- 3 apples
- 1 large knob of ginger
- 2 bags shelled edamame

- 4 -12oz. firm tofu
- 4 boxes S&B mild curry blocks
 - pepper (in stock at temple)
 - rice (in stock at temple)

Lynne will bring:

- 1 bottle garam masala
- 1 bottle sweet curry powder
- S&B curry powder
- bay leaf
- kombu stock
- 1 extra box of s&b mild curry blocks

PREP

please keep your station clean, **clean produce with water before use**, use gloves and be careful with knives and sharp objects. go slow. ask if you're not sure. enjoy the time with Toban. we will use some Japanese cutting techniques.

- Make sure these are cut in similar size for even cooking.
- Peel and cut potatoes into big bite-sized chunks (don't let air get to them for too long) •

Soak potato chunks in bowl of water for 15 mins

- Peel and cut carrots into diagonal chunks (see Rangiri-style below)



Rangiri is to cut or dice vegetables diagonally, which creates a large surface for faster cooking and better absorption of flavor without compromising chunky texture.

- Slice onions into half-inch wide slices - starting to slice from top to bottom
- Slice Kabocha squash (Remove the seeds and membrane from 1 lb kabocha squash and microwave it for 2 minutes to soften the outer skin. You can skip microwaving if you have a sharp knife and the strength to cut through the hard kabocha)
 - Set these to the side, together. We're going to start cooking these together - first, since they take longer to cook.

- Peel and grate apple using a fine grater
- Peel and grate ginger using a fine grater

- Slice red and yellow bell pepper into vertical pieces (add in towards the end) •

Cut mushroom in halves or quarters depending on size

- keep edamame nearby (add in end)
 - cut tofu into 1" squares (add in end)
 - have seasonings nearby
 - get pots ready (let's do 2 big ones) let's make sure we mark a line where 45 cups would be.
 - clean 45 cups of rice (break it up to manageable size for batches, let's see how much the cookers hold. then strain all the water so we can cook it Sunday morning)
- GLUTEN-FREE ROUX: for ELLEN & ?
- please keep this off to the side and make sure we set aside 2 servings of plain veg to mix with this later. • 3 tablespoons unsalted butter
- ¼ cup gluten Free All Purpose Flour-**We have rice flour**
 - 1 tablespoon S&B curry powder (do not substitute)
 - 1 tablespoon garam masala

Make Curry Roux

1. In a small saucepan, **melt the butter** completely over medium heat and then **add the flour**. Using a silicone spatula, stir to combine.
2. Once combined, reduce the heat to low. **Continue to cook and stir until the mixture is a golden-brown** (about 10-15 minutes).
3. Add the **curry powder, garam masala**, and to the saucepan. Mix well to combine and cook stirring for 20 seconds.
4. Transfer the roux **off the heat and into a medium bowl and set aside**. Note: be sure the bowl is big enough to add an additional ladle of soup later on.





COOK

Please check and make sure the fans are on, you know how to light the stoves, please ask if you're not sure. have salt and oven mitts near by just in case.

- Start cooking the clean rice. equal parts water to rice.
- Coat the bottom of 2 large pots with olive oil. Sear/steam onions, potatoes, carrots and squash, adding ginger, take a skewer, make sure the vegetables are about 70% cooked through.
- Add stock/broth, bay leaf
- Turn on low heat
- Saute separately the bell peppers, season with s&p
- Saute the mushrooms separately, season with s&p
- Bring heat on big pots to medium
- add in mushrooms
- add in peppers
- add in edamame
- add in tofu
- SET ASIDE 2 portions of these veggies for the gluten-free option
- turn off the heat
- add in the curry blocks by placing it in a ladle first, then dip it down into the broth in the pot, and let the curry cubes melt in the ladle and spill over into the pot, then gently stir everything.
- be careful with the tofu

SERVE

- bring out the rice cookers (2?)
- bring out the pots with ladles when service is over. Not sooner to keep it warm. •

Scoop of rice

- Scoop of curry
- Keep Gluten free in kitchen. only 2 portions. 1 is Ellens for sure.
- We do not have other options (so sorry to anyone asking)

Itadakimasu