

Recipes and Tips



Japanese Mince Curry

4 to 6 servings

2 tablespoons sunflower, safflower or canola oil

1 pound mince beef or turkey

Salt and pepper

1 large yellow onion, chopped

1 large garlic clove, minced

1 (1-inch) piece fresh ginger, peeled and minced

1 large carrot, peeled and chopped into ½-inch pieces

1 large potato, peeled and chopped into ½-inch pieces

1 (3.2-ounce) package Japanese curry roux bricks (preferably medium-hot)

¾ cup frozen peas

Cooked rice, udon or lo mein noodles, for serving

Heat a large skillet over medium-high. Add the oil and when it shimmers, add the mince, a generous pinch of salt and a couple pinches of ground pepper. Using a spatula, break up the meat and spread it into one layer on the skillet. Let cook undisturbed, until browned on the bottom, about 3 minutes.

Stir and push the meat to one side of the skillet, add the onion to the other side and season the onion lightly with salt. Let cook, stirring occasionally, about 2 minutes. Add the garlic and ginger, stir all the ingredients to combine and continue to cook, about 3 minutes more.

Stir in the carrots and potato and cook until the edges begin to soften, about 4 minutes.

Add the roux bricks and 2 cups of water and stir, breaking up the bricks until they melt into a sauce and start bubbling. Cover, lower heat to low and let simmer, stirring occasionally until the liquid has reduced into a rich, viscous sauce, about 15 minutes. If the sauce has reduced to the point of drying at the bottom of the skillet, gradually add up to ½ cup water, a few tablespoons at a time, to reach the desired consistency. (Sauce should be glossy and saucy, not gloopy or congealed.)

Add peas and cook until bright green, 3 to 5 minutes.

Serve over cooked rice, udon or lo mein noodles