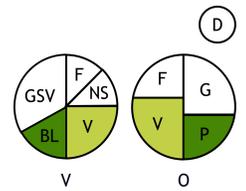


STOVE OR FIRE



Japanese Curry

Wagner family recipe, 6-8 servings.

Tools

Bag of charcoal or camp stove with fuel
Pot or Dutch oven
Spatula
Cooking spoon
Chef's knives and cutting boards/hiking boards
Can opener
Cup measure

Ingredients

1 box (4 oz) curry blocks, desired spice level (Vermont curry mix or S&B Golden Curry)	1 carrot
9 oz meat, 14 oz of tofu, 8 oz of tempeh, or a can of chickpeas	1 tbsp oil
2 yellow onions	Desired veggies: suggestions - baby corn (cans), water chestnuts, peas, bamboo shoots, etc.
2 potatoes	

At Camp



1. Arrange a relatively clean cooking preparation area away from any raw meat and eggs you may also have brought. If making meat curry, arrange a second relatively clean cooking preparation area separated from the vegetable cooking area to prevent bacterial cross-contamination.



2. Wash your hands.

3. Using the best knife for each job, dice the onions, potatoes, and carrot. If making a meat, tofu, or tempeh curry, dice the protein as well, remembering to use a separate cutting board for meat in the meat preparation area.



4. Preheat oil, add meat/tofu/tempeh (if using) and veggies to sauté until onions are lightly browned.

5. Add 3.5 cups of water and bring to boil. Simmer over low to medium heat until ingredients are softened. (about 15 minutes)



6. Remove from heat, break apart curry blocks and stir until dissolved. Alternatively, blocks can be added with water to impart more flavor overall to meat and veggies. Add in drained chickpeas (if using).
7. Simmer again until curry thickens (about 10 minutes).
8. Serve over cooked rice or pasta.
9. Put any leftovers into food storage containers and watertight plastic bags and then into the cooler as soon as the food is at ambient temperature.

