

Japanese Dry Curry with Butter Rice



Japanese curry is widely well-known and hugely popular inside and outside of Japan. The dry curry might be not so majority of Japanese cuisine, however for most Japanese people, dry curry is one of the comfort food as a home-style food or even cafe-style food. And every house-holder has their own recipe and my recipe uniquely use kelp powder and white Miso paste. White Miso that is made of soy bean can create natural deeper taste and also we can expect the great effect of fermentation for our digestive system. You can alternatively choose chicken or pork for the curry.

<Ingredients (4 serve)>

<Dry Curry>

400g Minced beef

4 cloves Garlic

1/2 Medium yellow onion

4 Tbsp Turmeric powder

1 tsp White Miso

1 tsp Kelp powder

1 Tbsp Japanese soy sauce

1 Tbsp Vegetable oil
1 Tbsp Fennel seeds
1 Tbsp Cumin seeds
1 Tbsp Coriander powder
1 tsp Garam Masala powder
1 tsp Nutmeg powder

<Butter Rice>

360ml Japanese rice
360ml Water
1.5 Tbsp Butter (salted)
1 cube Beef stock
1 handful Parsley
1 tsp Sweet paprika powder

<Garnish>

2 Hard boiled eggs (sliced)
Crisps
Fried garlic (option)
Tomato (minced)(option)

<Method>

1. Cook the rice

Wash the rice with running water until any starch is removed. Sieve. Put the rice and 360ml water and soak for at least 20 minutes in a rice cooker/clay pot. Add butter and grated beef stock and mix well. Turn the switch on and cook. Once the rice is cooked, add the minced parsley and combine well.

2. Meanwhile make dry curry

Mince garlic and onion. Apply the oil over a large frying pan and cook the garlic and spices (fennel, cumin, coriander, garam masala and nutmeg) on medium heat and keep stirring until the fragrance is infused into oil. Plunge the beef, miso paste and turmeric powder and cook breaking up with spatula. Season with Kelp powder and soy sauce and check the taste and adjust with salt.

3. Serve

Heap the butter rice on a plate and put the dry curry on nicely. Garnish crisps and boiled eggs. When you serve this dish, mix the curry, rice and crisps together.

Enjoy!