

Note: The English translation of the Development Education Teaching Materials produced by Development Education Association and Resource Center (DEAR) was organized by Education for Sustainable Development Research Center (ESDRC), Rikkyo University.
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Education for Sustainable Development Research Center
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The Education for Sustainable Development Research Center (ESDRC) was founded based at Rikkyo University in March 2007, with the aim of helping to consolidate ESD (Education for Sustainable Development) in our society. It was chosen as part of the 'Open Research Center' Project of the Japanese Ministry of Education, Culture, Sports, Science and Technology in 2007, concerning 'Developing Research and Educational Programs on ESD'.

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The Development Education Association and Resource Center (DEAR) was founded in 1982. with the aim of to network with members at local and national levels to promote Development Education. The role of DEAR is,

- To communicate with the government and give suggestions on its policy
- To develop networks and exchange information with related organizations in the world.
- To research Development Education.
- To gather information on Development Education in both Japan and the world and share the information.
- To help to provide learning opportunities in communities and schools.

Development Education Study Kit

Let's Visit the World of the Curry!
Diversity of Spices and Food Cultures

Edited and Published by

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Ultimate Goals

This material basically aims to have children know through curry, which is one of the most popular dishes among us, diverse kinds of spices used for it, diverse functions of them, and diverse food cultures in the world. We added explanation of recipes in order to let children experience the diverse food cultures by cooking and eating curry.

In development education and education for international understanding, understanding the diversity of the cultures of the world is one of the important goals. However, this goal should not be reduced to taking up the superficial differences and commonalities between cultures, or to leading children to a fixed and biased view to a culture. Therefore, in this material, we are trying to have them investigate such points as why diverse spices have come to be used, and why there are diverse kinds of curries, including ingredients, staple diets, and the ways of eating, in various areas of the world. We emphasize these points because we think it is important to recognize that in their surrounding climates, environments, customs, and religions, people around the world have created their own food cultures.

We hope that this material will help children review their daily eating habits, and create richer food cultures through thinking about curry.

Grade Level

4th grade and over

Contents

You can use each unit separately. Use them in accordance with place and time.

Unit 1: Do You Know Spices and Curries?

Quizzes, spice cards, and explanation

Unit 2: Let's Take a Look at Asian Curries!

Asian curry sheets, chart of characteristics, and explanation

Unit 3: Let's Cook Asian Curries!

Recipes for five Asian curries

Materials 1, 2

Four Ingredient Cards

Unit 1: Do You Know Spices and Curries?

Objectives

Participants (Learners) will be able to

1. become interested in spices and learn the diversity of them by sensing the scent and the taste of spices.
2. recognize the depth of food cultures through curry, which is made as a result of exquisite blending of the spices which have various effects.

Duration

45 minutes

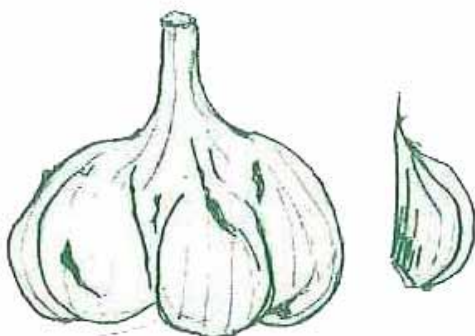
Preparation

Sheet a, and b (For each participant), Spice cards cut off from sheet b (For each group), *shichimi-togarashi*, the spices which are in sheet b, A recipe for curry spice (An excerpt from Unit 3 “Curry in northern India), A measuring spoon (Equivalent to a table spoon), A mortar, and A pestle

*“*shichimi-togarashi*” is Japanese spice mixtures made from seven different kinds of spices.

*You do not have to prepare all the spices, but it would be desirable to prepare pepper, turmeric, cumin, red pepper, coriander, and so on. Power is useful when blending, but you do not necessarily prepare it.

*You can get a spice kit for curry at a supermarket, a department store, or a fair-trade store.



Procedure

1. The facilitator makes 4-6 groups, and distribute sheet a to each participant (One participant has one sheet).
2. The facilitator distributes *shichimi-togarashi*, which is a Japanese mixed spice, and asks whether the participants have used it or for what kind of dishes and how much they use it. After these questions, they investigate the ingredients of it, and write the results in sheet a. The facilitator explains the ingredients and gives a definition of spices (See Note 1 and 2).
3. The facilitator distributes to each group the spices which he or she prepared in advance, and sheet b, which corresponds to the spices distributed. First, participants pick up spices, and investigate the scent, the taste, and the color of them. Then, they cooperate to match the card with the spices. After this, the facilitator gives answers.
4. The facilitator tells the participants that if they mix the spices distributed, they will be able to make curry spice, and explains about it and its recipe (See Note 3). Participants answer the question 2-4 in sheet a. The facilitator gives the answers to these questions (He or she confirms that each spice has its effect on human bodies, and all the spices go to the space “Spices Good for health.”
5. Participants blend spices in each group, referring to sheet a-2, sheet b, and the recipe for curry spice (These blended spices are kept and use them during the class of cooking. If they do not have a cooking class, they do not blend but write down the way to blend on the paper). The facilitator asks what kind of curry spice they made finally.
6. Participants answer the questions 5 and 6 in sheet a. The facilitator gives answers (See Note 4).
7. Participants proceed to sheet a-7, and reflect on Unit 1. The facilitator reviews this unit by writing down on the blackboard what was interesting or surprising to them. Lastly, he or she reconfirms the diversity of spices and its functions, and the depth of the world of curry (He or she distributes sheet b as a reference to each participant.).

Examples for Further Development

Participants will investigate

1. more kinds of spices, or mixed spices in the world.
2. the functions of Japanese spices, such as *shichimi-togarashi*.



sheet a. Do you know about spice and curry?

[1] What are *shichimi* in *shichimi-togarashi*?

[2] Classify the spices for curry.

	Names of the Spices
Spices mainly producing scent	
Spices mainly producing hot taste	
Spices mainly producing color	
Spices good for health	

[3] Which curry is hotter, that of northern India, or that of southern India? Why?

[4] How much pepper could you buy in exchange for one ounce gold in early medieval Europe?

20 once 10 once 5 once 1 once

[5] Which is the origin of the word “curry”?

The word originates from the story in which Buddha gave people spices as medicine for agelessness and immortality, and people who ate them shouted “Kuli, Kuli (that means delicious).”

The word originates from the Tamil (The language spoken in southern India) word “カリ”, which means sauce for rice.

The word originates from “KALI”, which is rice in spicy soup eaten by Indians and Sri Lankan.

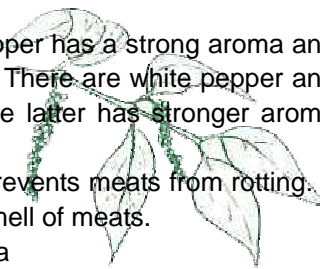
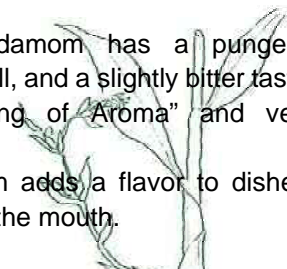
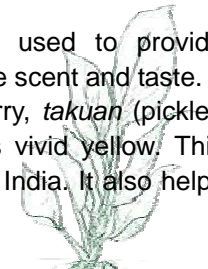
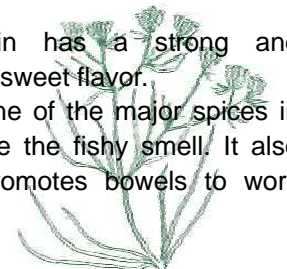
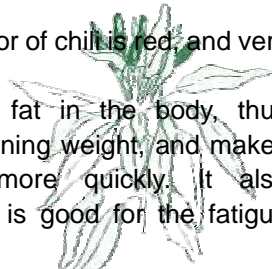
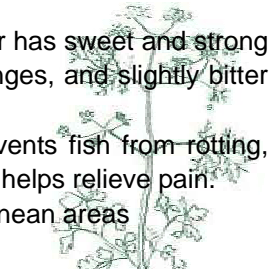
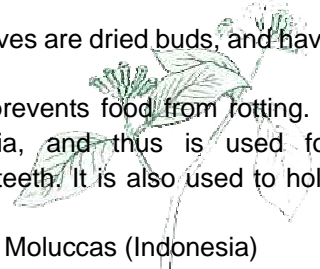
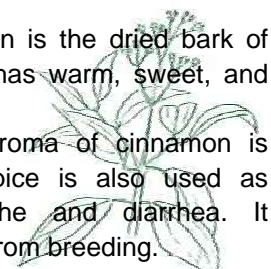
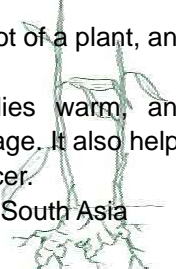
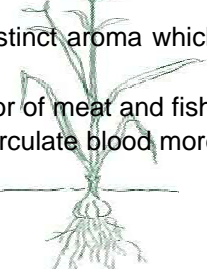
[6] From where did curry and rice, which are popular among Japanese people, come?

India China The United Kingdom The United States of America

[7] Write down three things about spices that you recognized or became interested in through today’s class.

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sheet b. Spice card

<p>Pepper</p> <p>Characteristics: Pepper has a strong aroma and a intensely hot taste. There are white pepper and black pepper, and the latter has stronger aroma and hotter taste.</p> <p>Functions: Pepper prevents meats from rotting. It also gets rid of the smell of meats.</p> <p>Place of Origin: India</p> 	<p>Cardamom</p> <p>Characteristics: Cardamom has a pungent, intense and sweet smell, and a slightly bitter taste. It is called "The King of Aroma" and very expensive.</p> <p>Functions: Cardamom adds a flavor to dishes, and holds the smell of the mouth.</p> <p>Place of Origin: India</p> 
<p>Turmeric</p> <p>Characteristics: Turmeric is used to provide yellow color, and does not have scent and taste.</p> <p>Functions: Turmeric dyes curry, <i>takuan</i> (pickled Japanese radish), and strings vivid yellow. This color is regarded as sacred in India. It also helps digestion and stops bleeding.</p> <p>Place of Origin: Tropical Asia</p> 	<p>Cumin</p> <p>Characteristics: Cumin has a strong and distinctive aroma, and a sweet flavor.</p> <p>Functions: Cumin is one of the major spices in curry, and helps remove the fishy smell. It also helps digestion and promotes bowels to work better.</p> <p>Place of Origin: Egypt</p> 
<p>Chili</p> <p>Characteristics: The color of chili is red, and very hot.</p> <p>Functions: Chili burns fat in the body, thus prevents people from gaining weight, and makes your blood circulate more quickly. It also stimulates appetite, and is good for the fatigue and skin.</p> <p>Place of Origin: Central America, South America</p> 	<p>Coriander</p> <p>Characteristics: Coriander has sweet and strong aroma like the peel of oranges, and slightly bitter taste.</p> <p>Functions: Coriander prevents fish from rotting, and helps digestion. It also helps relieve pain.</p> <p>Place of Origin: Mediterranean areas</p> 
<p>Cloves</p> <p>Characteristics: Cloves are dried buds, and have bitter and rich aroma.</p> <p>Functions: Cloves prevents food from rotting. It works as anesthesia, and thus is used for relieving the pain in teeth. It is also used to hold nausea.</p> <p>Place of Origin: The Moluccas (Indonesia)</p> 	<p>Cinnamon</p> <p>Characteristics: Cinnamon is the dried bark of various laurel trees, and has warm, sweet, and distinct aroma.</p> <p>Functions: The sweet aroma of cinnamon is used for dishes. This spice is also used as medicine for stomachache and diarrhea. It prevents germs and mold from breeding.</p> <p>Place of Origin: Sri Lanka</p> 
<p>Ginger</p> <p>Characteristics: Ginger is the root of a plant, and has refreshing aroma and taste.</p> <p>Functions: Ginger makes bodies warm, and cures cold which is in the first stage. It also helps digestion and helps prevent cancer.</p> <p>Place of Origin: Southeast Asia, South Asia</p> 	<p>Garlic</p> <p>Characteristics: Garlic has distinct aroma which promotes appetite.</p> <p>Functions: Garlic removes odor of meat and fish. It helps recover from fatigue, circulate blood more smoothly, and prevent cancer.</p> <p>Place of Origin: Central Asia</p> 

Note 1

Put simply, spices are plants what are from tropical and semi-tropical areas, and have strong aroma and taste. The kinds of spiced used all over the world is said to be 350, 500, and so on. They are classified into three kinds: aroma, hotness, and color.

Spices are not only used one by one, but also blended with other spices. Spices such as *garam masara* in India, curry powder in various places, *gokouko* (five aroma powder) in China, and *shichimi-togarashi* in Japan are excellently blended and have distinct aroma.

Note 2

Shichimi-togarashi is composed of chili, *sansyo*, *chinpi* (dried orange skin), *yuzu*, black sesame, white sesame, green laver, poppy seed, rapeseed, and hemp seed. Seven of them are often chosen. *Shichimi-togarashi* is an original Japanese mixed spice, and used for noodles, soup, simmered food.

Note 3

You can make curry spice if you refer to a recipe in Unit 3 and blend spices (If you have enough time, you can begin with grounding spices). Such blending is a basic skill of Indian cuisine. The ways of blending vary from person to person, region to region, and family to family. They are decided for each dish, food, and each person's condition. The number of them amount to several hundred.

Curry is one of the dishes in which this kind of spice is used. Curry, differed from Japanese one, has a lot of versions. In terms of the way of blending, people living in hotter places use more chili, and thus curry becomes hotter. This is because the hot taste of chili promotes appetite and stimulates the organs of digestion. Therefore, curry of southern India, where it is hot, is hotter than that of northern India.

Each spice has each medical effect, and is used in Ayurveda, which is traditional medical technique in India (A lot of spices are utilized for raw materials of the herbal medicine). For these reasons, Indian families blend spices for diches in accordance with the conditions of family members. These spices are completely different from those of Japan, in which people use ready-made curry spice.



Note 4

It is said that people in India began to eat curry more than 3,000 years ago.

In India, which belongs to a tropical and semi-tropical area, people can pick spices such as pepper. The dish in which spices are used was developed to bring out appetite, and make the organs of digestion function better. This was curry.

The exact origin of the word “curry” is unknown (therefore, all the answers in Question 5 are correct). The British who came to India called the stew in which spices were used curry, and popularized it in Europe. The reason they came to India was to get spices directly from Indians.

In Europe, where meat is often eaten, Asian spices, which is used for prevent food from rotting, sterilize germs, and flavor food, were valuable and expensive from the ancient times. One-ounce spice was exchanged for one-ounce gold, and they were used as a marriage portion and taxes. Therefore, spice trading could make a big profit.

In the fifteenth century, Portugal and Spain sent traders to Asia (Gold and slaves in Africa and silk in China as well as spices were important commodities for Europeans.). This was the beginning of the Age of Discovery, when Columbus and Vasco da Gama were in full activity. The first country which arrived at India was Portugal, and Spain, Netherlands, Britain, and France followed Portugal. They struggled with one another for the power to rule India. In consequence, India became a British colony, and a lot of British traders went to India.

Curry, which was introduced to Britain, changed into Western-style dish, in which hot taste was lessened by frying flours. This Western-style curry was introduced as a European dish to Japan after the Meiji Restoration, which was eager to assimilate itself to Western civilization. After this, curry became popular in Japan. In this way, curry, which can be said to be a Japanese food, was born.

Answers to sheet a

1. See Note 2
2. See sheet b
3. 2 (See Note 3)
4. 4
5. 1,2,3
6. 3

Unit 2: Let's take a look at Asian curries!!

Objectives

Participants (Learners) will be able to

1. learn about the curries eaten in families in various Asian countries, and the diversity of their ingredients, seasoning, ways of eating, and so on.
2. recognize food cultures in various regions are closely connected with their climates, environments, customs, religions, and so on.

Duration

90-120 minutes

Preparation

Sheet a-d (For each participant), Sheet e (The list of the characteristics of Asian curries. For each participant. Pick up some items and make them blank so that participants can fill out.), An enlarged version of sheet e, Ingredient cards (For each group. Cut them off in advance.), a world map, and Scotch tape.

Procedure

1. The facilitator implements "The four sides of a room" as an introduction, and asks questions, such as their tastes, frequencies, and ingredients, by which participants can find out the commonalities and differences of curries between them and others.

<Examples of the Questions>

Do you eat different kinds of curries in accordance with seasons?

Have you ever eaten curry with your hand?

Do you cook curry from spices?

2. The facilitator makes more than three groups, and distributes sheet e to each participant. They write about the curry of their houses in the item "Japan" in sheet e to , while the facilitator does the same in the enlarged version of sheet e.

3. The facilitator distributes ingredient cards for each group and one of sheet a-d for each participant. Participants read the sheet, choose the ingredients which appear in it from ingredient cards, and fill in the blank of the region they chose in sheet e. They discuss the blanks of other regions and fill them in.
4. The facilitator has the representatives of each group put the ingredient cards on or fill in the blanks of their part in the enlarged version of sheet, and let them read their sheet.
5. With sheet e, all the blanks of which are filled in, participants discuss what they found out (Commonalities, differences, etc.).
6. The facilitator asks the following questions. If necessary, he or she explains the diversity of curries and food cultures, and their connection with climates, environments, and religions.

<Examples of the Questions>

Why are there ingredients that are not eaten or prohibited from eating?

Why does each region have their peculiar ingredients and staple diets?

Why do you think the oil of butter is not used curries of southern India, Sri Lanka, and Thailand?

7. Participants compare the curry they eat with that of the various regions, and discuss the commonalities, differences, and interesting points, referring to sheet e.

On frequency, refer to “Material 1: The Menu of a Week ” .

By comparing Japanese curry, which are almost homogeneous, with that of the various regions, the facilitator has participants find out that the diversity of indigenous food is one of the important elements which constitute the rich food culture.

8. The facilitator asks the following questions, and has participants say the dishes which have diversity, such as *miso* soup. (See Explanation 10).

<Examples of the Questions>

Can you give me an example of the dishes which have the seasonal or regional versions?

The facilitator lets participants think about the homogeneity of food culture in current Japan.

Notes

When taking a look at the characteristics of curries, the facilitator explains that the curries which appear in sheet a-d are not the only version in each region so that participants do not have a prejudice.

Examples for Further Development

Participants will

1. reflect on what they have learned, and think about the richness of food cultures.
2. study the background of the culture (climates, environments, distribution, religions, and so on).
3. investigate the geographical and historical backgrounds of the culture and history of curry.

Example: Why do they not have curry in the Philippines, and Vietnam?

The Philippines is a Christian county, and used to be a Spanish colony. Vietnam, on the other hand, is a country which is strongly influenced by Chinese culture and used to be a French colony.

4. learn about the connection between seasons and ingredients.

Example: Investigating the seasonal ingredients in their school lunch, and the seasonal dishes

Thinking about the recipe for "Indigenous Curry," which is rooted in their regions.

5. investigate where ingredients of Japanese curry come from, and how many of them are domestic.
6. think about transition of the Japanese food by comparing the current food life with that of the past, and inquiring into the reasons for this.



sheet a. Mashle's Curry at North India

Namaste!! My name is Mashle.

I live in a village which is located in the east of New Delhi, the capital of India, and has about 50 houses. When you hear of India, you would think that it is very hot in India. However, in northern India, the climate is mild except for a rainy season which is from June to September. In winter, it breezes like in Japanese autumn and the breeze makes me very comfortable. Around my house are the fields of wheat and potatoes. This area is suitable for growing barley, wheat, beans, and vegetables. semiannual crop, which means harvesting crops twice a year, is applied.

Oh, I've gotta introduce curry I usually eat. My families are Muslims, so they can't eat pork. We eat vegetable curries called "dahl curry" and "Sabzy", in which kidney beans, Chick pea, lentils. Both of them are not are not juicy, and the vegetables thicken them. The ingredient of Sabzy is mainly potatoes, but when the market is held near our village once a week, we add the seasonal vegetables such as eggplants, daikon radishes, cabbages, pumpkins, and so on. When we invite guests, we serve to them chicken curry, ram curry, mincemeat curry, and cheese curry called "Pneel curry." My sister got married last month, and in times of the ceremony such as wedding, we eat goat curry.

We begin cooking curry with making "masala piece." It is a pasted spice in which, on a flat stone mortar, salt, garlic, onions, hot peppers, and other kinds of spices are smashed by a stone stick. We slowly fry this masala piece with ghee (The oil of butter).

We make three kinds of masala piece when we cook three kinds of curries because we have various combinations for various curries. Coriander is useful for thickening curry.

A lot of spices are used in India. We sometimes use powdered spices because it is less hot here than in southern India. We rarely use herbs.

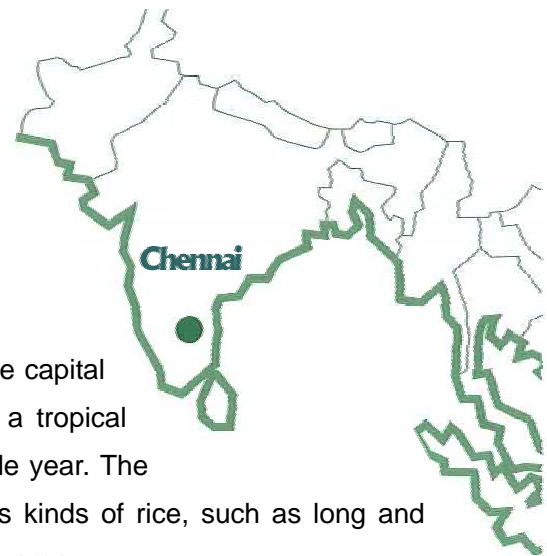
My grandmother said to me, "In my family, we make more importance on aroma than hot taste, and flavor yogurt and cheese when we cook curry."

We dip in curry "roti" or "chapati" which are like bread and made of wheat. We do not have electricity in my village, so we bake them by an oven, putting into it stalks and roots of crops we have harvested, branches which we pick up in the forest.

We eat curry with our hands. In Islam, food is thought to be a blessing and the dishes to be dirty. We eat food with our right hand, which is regarded as most clean. With our fingers, we sense how hot and soft the food is. This makes it more delicious.

We eat curry every day, but I have not got tired of it because we have a lot of versions of ingredients and flavoring in accordance with seasons and ceremonies. Moreover, every family has their own curries. Of course, I love my house's curry best!!

sheet b. Malty's Curry at South India



Namaste!! My name is Malty.

I live in a town which is a bit remote from Chennai, the capital city of Tamilnado state. Around here is what is called a tropical climate, and we have hot and humid weather for a whole year. The most famous crop in this area is rice. We have various kinds of rice, such as long and not-sticky one, etc.. Growing beans is also popular in this area.

Let me introduce curry which I eat daily. My family is Hindu, so we can not eat beef. Moreover, we are vegetarians. We do not eat fish, meat, and eggs. Are you asking what kind of curry we eat? We usually eat "sambol", a soup-like curry the main ingredients of which are beans and vegetables. We have a lot of kinds of beans such as Mung gram, lentils, Chick pea, and of seasonal vegetables such as eggplants, okras, onions, tomatoes, cabbages. So, we have different taste of sambol in each time. We sometimes eat rice fried with meat, vegetables and curry powder. We sometimes use only one kind of vegetables such as potatoes or eggplants, or more than one kind of them. Those who are not vegetarians eat chicken, and fish such as sardines, mackerels, and bonitos, which are caught in the nearby sea. They often add to curry a powdered piece of dried bonito (Maldivian fish) to thicken and season it.

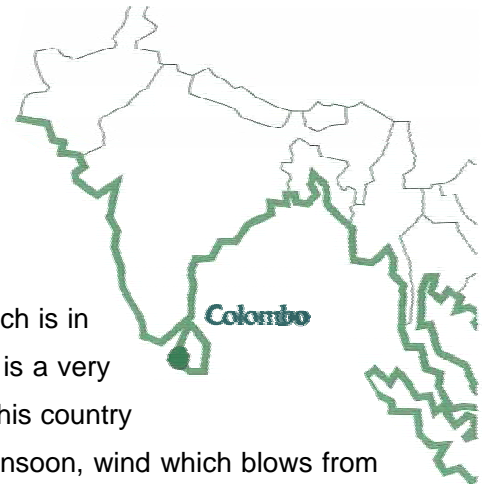
It is very hot in this area, so we use a lot of spices. Other than them, we always add a herb called Laurel. The essential thing is coconut. Coconut cream, which is made by shaving and squeezing coconuts, has as much oil as cream made of milk. We boil vegetables and spices with it and fry them when oil begins to be separated. When boiling, we also add coconut milk, which we can get by squeezing coconuts several times after getting coconut cream, to thicken and flavor curry. My grandfather says, "We smash spices each time and extract aroma and pungency. At the same time, we add coconut milk to lessen the pungency, and help digestion. We do these things to live in a good shape."

We boil rice whenever we have meals. We have various kinds of rice dishes such as "praw"(Fried rice), and steamed bread made of powders of rice and beans.

In Hindu, food is thought to be a blessing and the dishes to be dirty. We eat food with our right hand, which is regarded as most clean. With our fingers, we sense how hot and soft the food is. This makes it more delicious.

The ingredients and spices of curry vary from weather to weather, and from condition to condition, so we do not get tired of it. I have eaten my family's special curry since I was born, so I am very fine!!

sheet c. Lavinia's Curry at Sri Lanka



Aaybovan! My name is Lavinia. I live in a seaside town, which is in the south of Colombo, the largest city in Sri Lanka. Sri Lanka is a very hot country throughout a year. It is very humid here because this country is surrounded by sea and we have a lot of rain due to the monsoon, wind which blows from southwest from April to October.

I will tell you about the curry which I eat every day. In Sri Lanka, most people are Buddhists. Some religions bans eating particular food, but Buddhism in this area does not ban particular food. Therefore, we have various kinds of ingredients for curry. We often eat beef because it is cheap. My favorite is fish curry, in which there are prawns, pollacks, sierras, and seala that can be caught in the nearby sea. We do not eat seasonal vegetables such as spinaches, eggplants, okras, and kidney beans without cooking them, so they are ingredients of curry. We also put beans in curry. As a special dish, we have chicken curry. In our curry, we do not put many ingredients, but only one or two ingredients (For example, we put only beans for bean curry, and at most two kinds of vegetables for vegetable curry).

As my mother always tells me that cooking curry begins with smashing spices, we use a plenty of kinds of spices for curry. We roast and then crush spices for meat curry and fish curry, on one hand, and we crush fresh spices for vegetable curry on the other. It is said that black curry, in which we roast spices till they become black like coffee is peculiar to Sri Lanka.

Other than spices, the herbs such as laurel, lemongrass, and Rampa are essential. In addition, coconuts that can be got in my house are also very important. Coconut cream, which is made by shaving and squeezing coconuts, has as much oil as cream made of milk. We also add coconut milk, which we can get by squeezing coconuts several times after getting coconut cream, to make curry milder. The other essential thing is "Maldivian fish." Can you guess what it is? It is popular in Japan, yes, a piece of dried bonito (*katsuobushi*). We use it not only for making soup stock, but also for thickening and seasoning curry by smashing and adding it to curry. It is imported from the neighboring country, Maldives. Talking of fish, we sometimes use Jardi, fish sauce, to flavor curry.

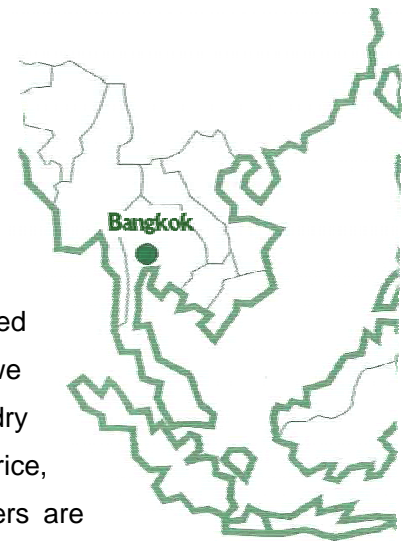
We eat curry with rice (We have white rice and red rice). We also have curry noodle named "string hopper," which is made from rice powder. This noodle mingles curry well, and is easy to eat because unlike usual noodle, it does not unravel.

We mix and eat curry with our right hand. Some people use spoons and forks.

I am not tired of curry although I eat it for every meal because we use a lot of ingredients we can get from the sea and the land. Everybody loves it.

sheet d. Pani's Curry at Thailand

Sawatdi krap! My name is Pani. I live in a small village which is located near Bangkok, the capital of Thailand. It is hot throughout a year and we do not have four seasons, but we have the rainy season and the dry season. There are many plains in this area. This area is famous for rice, and people grow long and not-sticky rice (Indica rice). Most villagers are farmers, and my family members are also farmers who grow fruits and vegetables. My house is surrounded by trees and we can pick up and eat fruits such as coconuts and mangos.



Well, can I talk about curry which I usually eat? In Thailand, 90 percent of the people are Buddhists, and we do not have particular food which we are banned to eat by our religion. My father catches in the river fish such as prawns, snakeheads, and catfishes, and shellfish which are ingredients for curry. River is called “menam” in Thai, and is thought to be an important thing that makes our village and our life richer. We sometimes eat chicken curry, pork curry, and beef curry, but we usually eat more vegetables than fish and meat. In my family, children pick up seasonal vegetables, fruits, and spices around the house. We can pick up bamboo sprouts, onions, kidney beans, tomatoes, mangos, bananas, and so on. We put in curry not one kind but many kinds of vegetables and fruits abundantly. By the kinds of spices we use, we have green, red, and yellow curry.

We use only a few kinds of spices for curry, but at the same time, use a lot of fresh aromatic herbs such as lemongrass. We eat curry with a lot of herbs. The essential thing for curry is coconuts. Coconut cream, which is made by shaving and squeezing coconuts, has as much oil as cream made of milk. We boil vegetables and spices with it and fry them when oil begins to be separated. When boiling, we also add coconut milk, which we can get by squeezing coconuts several times after getting coconut cream, to thicken and flavor curry. Other than coconut cream, we put nam pla (Fermented fish sauce), and tamarind (Sour beans) to season it, and make it our family's taste.

We eat curry with rice. We often put curry sauce on noodles. There are noodles made from wheat in a store, but we usually use thin noodles made from rice for curry noodle. In the northern Thailand, people eat sticky rice with curry. We put our dish on the floor and usually eat it with our hand. We mix rice and curry, make them mild, and eat. However, recently, we have used spoons in our school, so more and more people are beginning to use them and eat on the table.

My father says to me, “We eat aromatic and pungent curry without using a lot of oil. This is a piece of knowledge in our life to live in a good shape in this hot weather.”

We do not eat curry every day, but it is one of my favorites.

sheet e. Asian curries

Name	Mashle (North India)	Malty (South India)	Lavinia (Sri Lanka)	Pani (Thailand)	(Japan)
Nearby City	New Delhi	Chennai	Colombo	Bangkok	
Average temperature Rainfall	25.0 795.9 mm	28.7 1357.6 mm	27.4 2373.0 mm	28.4 1492.4 mm	
Family's religion	Islam	Hindu	Buddhism	Buddhism	
Foods banned to eat	Pork	Beef, Fish, Eggs, Meat	None	None	
Main ingredients of curry	Potatoes, Beans, Seasonal vegetables, Chicken, Ram, Goat, Cheese	Beans, Seasonal vegetables	Beef, Beans, Fish, Seasonal vegetables, Chicken	Seasonal vegetables, Seasonal fruits, Seafood, Chicken, Beef, Pork	
Kinds of ingredients	1-2	1-2	1	Various kinds	
Staple food	Bread made from wheat (Roti, Chapati)	Rice (Praw), Long and not-sticky rice, steamed bread	Rice, Rice noodle (String hopper)	Rice (Long and sticky rice), Noodles (Rice and wheat)	
Way of using spices	Using powders, Emphasis on aroma	Various kinds, Grind each time	Various kinds, Grind each time	A few kinds, Using paste	
Herbs	None	Laurel	Laurel, Lemongrass, Rampa	Lemongrass, A lot of herbs	
Oil	Ghee (Butter oil)	Coconut cream	Coconut cream	Coconut cream	
Thickening	Vegetables, Coriander	Maldivian fish, Coconut milk	Maldivian fish, Coconut milk	Coconut milk	
Secret seasoning	Yogurt	Maldivian fish, Coconut milk	Maldivian fish, Coconut milk, Jardi	Nam pla, Tamarind, Coconut Milk	
Way of eating	Right hands	Right hands	Right hands, Spoons, Forks	Right hands, Spoons, Forks	
Frequency	Every meal	Every meal	Every meal	Not every day	

Explanation

1: Religions and Taboos

In case of banning to eat a particular food, there are two types: avoidance and taboo. Avoidance means disliking and choosing not to eat a particular food. For example, nomadic tribes do not eat fish. Taboo means evasion due to religious reasons. Religious taboos are “behaviors and attitudes based on respect toward power thought to be in a particular person, thing, plant, animal, and so on. Existence of taboo seems to result in playing a role in organizing people who have same taboos.

Taboos of the Major Religions

Islam: Pork

Eating pigs that is said to eat everything on the ground (even excrement) means suffering uncleanness. Therefore, this is a taboo.

Hindu: Beef

The cow is a vehicle of Hindu God, Shiva and people worship it. It is thought that eating beef causes terrible misfortunes, and eating it is a sin. In India, cows are essential for agriculture and milk, and their excrement is used as a fuel. However, because people can not kill them, there are so many cows that there are “stray cows.”

Buddhism: None

Originally, Buddhism has no taboos on food. In 675, Emperor Tenmu gave an imperial order in which people were banned to eat cows, horses, monkeys, dogs, and chickens, but this order represented a taboo of killing living things, and eating animals, which was the narrowly construed doctrine of Buddhism and peculiar to Japan. This order reflects Japanese sense of value untouchable. Today, such an order rarely exists. In China, on the other hand, historically, there rarely existed an order which banned eating animals. In Southeast Asia, there is also no taboo on meat diets.

Others: Vegetarians

Some of the Indian people espouse the idea of vegetarianism. For example, Jainas do not eat fish, meat, and eggs. They gain protein from beans and milk. Some people do not eat meat regardless of their religions. This is partly because hot weather makes meat rotten faster, and partly because they think vegetarians are noble people.

Vegetarian diets, which are popular in Japan, are based on Mahayana, which bans eating a rich diet and recommends simple one. The ingredients of them are grains, vegetables, and seaweeds, not meat and seafood. In Thailand, where Hinayana is popular, such thought does not exist, but in Vietnam, where as in Japan, Mahayana is popular, vegetable diets appear in times of religious ceremonies such as memorial service.

2: Staple Diet

Wheat is grown in cold and relatively dry places, while rice mainly in hot and humid places. Therefore, people in northern India eat bread made from wheat and people in southern India and Southeast Asia eat rice and noodle made from rice. In Japan, japonica rice is popular, while in India and Southeast Asia, indica rice and javanica rice that are thin and dry are popular.

- Roti: A bread made by kneading light brown wheat called ata and water and baking them
- Nan: A thin and large bread made from wheat fermented by yeast
- Chapati: A round, thin, and none-fermented bread made by kneading wheat with water
- Puri: A bread made by deep-frying the same dough with chapatti.
- Praw: Pilaf. It is eaten in India because Indian people think that praw is sanitary and sterile, and in addition, they have the idea of cleanness. Dishes in which oil is used are thought to be cleaner than those which are boiled or simmered, and they appear in times of special ceremonies such as festivals.

3: Ingredient

It is an eternal summer all the year around in India, Sri Lanka, and Thailand except for northern districts, There are a plenty kinds of vegetables, and the market is always filled with them. There is a clear distinction between the season in which there is a lot of fruits and the one in which there is no fruit. Immature mangos and papayas are often used for salads like vegetables.

In India and Sri Lanka, ingredients are not mixed with one another, and one ingredient is used for one curry. This is because people in these countries emphasize the mixture of spices suitable for an ingredient. On the other hand, in Thailand, people mix a lot of ingredients in one plate and eat. In Southeast Asian countries like Thailand, vegetables, fish and fermented food made from fish are important food. Meat is valuable thing eaten in times of special moments.

4: Spice

Garam masala, the original material of curry, is a spice in which some kinds of powdered spices are blended. Garam masala means "hot spice." It is sold in Indian markets, but it is not all-purpose like Japanese curry powder. You have to buy it according to your purpose (for meat, for fish, and for vegetables). You can not cook curry only with garam masala. You have to use masala piece, and this is essential for the hot taste and aroma of curry.

Spices are frequently used in Sri Lanka partly because of the influence from India. This is also because there is a historical background in which Sri Lanka is a source of spices and a lot of traders from west who wanted spices put in at Sri Lanka around the 1st century.

5: Herb

In India, people do not eat curry with herbs, but put chopped coriander on it. In Thailand, there is a traditional knowledge about medical herb among people, and it is called “samunprai” (the blessings of the wood).

If a family member gets sick, they pick up a herb according to sickness and make it into medicine or put it in a dish.

- Laurel: The places of origin are southern India and Sri Lanka. This herb drops the temperature of a body. As a medicine, it is used as stopping inflammation and an itch. When you are injured, its leaf is kneaded and put on the injury. When it is used in tea, it becomes a tonic medicine and a medicine which keeps the stomach healthy. In Sri Lanka, it is used for almost all the dishes.
- Lemongrass: This herb makes the body cool by sweating. In India, it is never used for curry.
- Rampa: In Southeast Asia, this herb is used to add aroma to white rice or confectionery. In Sri Lanka, it is also used for curry.

6: Oil

In northern India, where stock farming is developed, people get milk not only from cows, but also from horses, sheep, goats, and camels. Milk is very rich in nutrition, but it can not be preserved. Therefore, it is processed into butter, cheese, and yogurt that can be preserved for a long time. In Southeast Asia, where stock farming did not exist, coconut cream is frequently used. The reason for the scarcity of the dishes in which much oil is used is a lack of the skill to squeeze the oil from plants. Why the oily dishes have increased recently is that vegetable oil such as coconut oil is produced inside the countries.

7: Thickening

Curries in southern India and Southeast Asia are just like soup without flour because people in these areas do not use roux that is made by frying flour. The reason for this is that these areas are not suitable for growing wheat, and that curry which contains roux easily goes bad in a hot place.

8: Secret Seasoning

- Maldivian Fish: The dried bonito, which is made in the Maldives, which locates in the west of Sri Lanka, is an important preservable food in a tropical area. People crush it and put it in curry to flavor and thicken curry. In Sri Lanka, it is essential particularly for vegetable curry.
- Nam pla: As soy sauce in Japan, nam pla is made by putting little fish in salt and is a necessary seasoning for Thai people. In almost all the Thai dishes, this seasoning and kapi (shrimp sauce) are used.
- Jardi: A seasoning made by putting little fish and bonito in a sour fruit

- Garcinia: Like coconuts, it makes curry milder. It fruits in the high and ever-green tree of the bean family. In general, it is put in salt and fermented.

9: Way of Eating

Peoples of the world can be classified into three cultural categories according to the ways of eating. The major today is those who eat with their hand.

Cultural Blocs of Three Major Way of Eating

Way of Eating	Function	Characteristic	Area	Population
Hand	Mixing, Catching, Picking up, Choosing	There is a strict rule of eating with hands in Islamic, Hindu, and Southeast Asian areas. The origin of the human culture.	Southeast Asia, Middle East, Africa, Oceania	2 billion
Chopstick	Mixing, Catching, Choosing	Derived from Chinese civilization. In China and Korea, chopsticks and spoons are served together, while only chopsticks are served in Japan.	Japan, China, Korea, Taiwan, and others	1.5 billion
Knife, Fork, and Spoon	Cutting, Thrusting, Scooping, Choosing	Established in France in the 17 th century. People eat only bread with their hand.	Europe, Russia, North America, South America	1.5 billion

Source: Soichiro Honda, *Hashi no Hon* (Tokyo: Shibata Shoten, 1978), p.8.

In the Old Stone Age, people ate food with their hand. Therefore, it can be said that all the peoples have the history of eating with hands. The first reason for divergence of eating style today is the difference in food. Indika rice, which is dry, is suited for eating with hands. Japonica rice, which is sticky and therefore sticks to hands, is suitable for eating with chopsticks. Knives and forks are useful for cutting, thrusting, and eating meat. The second reason is the difference in recipes. Chopsticks can catch foods with movement of fingers, and they are suitable for eating dishes such as Chinese food which are cooked with oil.

On the other hand, some people eat with their hands because of the strict religious commandment. Eating with hands makes eating more enjoyable because people can enjoy meals with hands and mouths by touching foods and feeling the temperature of them. With their hands,

Japanese people eat *sushi* and rice balls, Chinese people eat dumplings European people eat bread, sandwiches, canapés, and cookies.

Manners of Eating with Hands

People eat food with their hand in India, Nepal, Sri Lanka, Malaysia, and northern and north-eastern Thailand, where rice cakes are staple food. They mix staple food such as rice and a kind of bread with other foods and catch well and eat them. They use only right hands since left hands are used instead of paper to wash their anus, and therefore regarded as dirty. It is thought that the idea that right hands are clean and left hands are dirty has existed since the ancient times, having nothing to do with religions. In the cultures eating with hands, when inviting guests, a finger ball (a ball in which there is water with a slice of a lemon) is usually served before and after a meal. The difference between being descent and indecent is in the second joint of a finger. That is, it is regarded as descent to eat with keeping fingers as clean as possible.

Way of Serving

In India, people generally serve a portion on each person's plate. In Southeast Asia, generally, people take their own portion from a big plate. They use their hands when eating, but they use a spoon when they take their own portion from a big plate. In Thailand, the way of eating other than hands is also popular (a spoon in their right hand, a fork in their left hand).

10: Japanese Food Culture and Eating Habit

Shindofuji and Ichibutsuzentai

Shindofuji represents the idea that people should eat that food in its best time, in a well balance, and in turns which has been harvested a lot in a place where their ancestors were born and grew up, and that this is a natural diet from a biological point of view. This idea means that climates and environments influence the constituent of food, and that it is best for people to cook and eat food peculiar to a place where they live.

Ichibutsuzentai represents the idea that every living thing keeps it balance in its whole shape, and that therefore people should eat every part of food including skins and scum. Eating without wasting (For example, from a head to a tail of fish, and from a root to a leaf of vegetables) is a way to take all the nutrition from food.

In Japan, which has four distinct seasons, people have traditionally accepted these ideas, developed the way of preserving food such as fermenting, freezing, drying, and putting in salt, and served seasonal food.

Local Dish

Japan is said to be one of the rarest countries in the world where you can get fresh food easily. *Dosandohou*, which means the knowledge to cook local foods in a reasonable way has been developed. Native specialties which grow under the climate and the environment of a local area are used in local dishes. In addition, local dishes reflect the local lifestyle. These lead to enjoying *shun* (the best season of particular food). People have tried to conjure up how to cook and eat seasonal products. Local dishes are memories of the rich eating habit of our ancestors.

Miso Soup

Miso soup is one of the home cooking which reflect seasons and regions. In addition to the diversity of its ingredients, miso also has a lot of local versions, reflecting the phrase “*temae miso* (Means being proud of yourself or what you have done).”

Classification of Miso

Classification by Raw Material	Taste	Color	Major Brand and Source
Rice Miso	Mild	White/ Red	Saikyo miso, Sanuki miso, Fuchu miso/ Edo amamiso
	Mild	Tint/ Red	Ajiro miso (Shizuoka prefecture), <i>Tyuama miso/ Tyu miso</i> (Costal area of Setouchi), <i>Gozen miso</i>
	Salty	Tint/ Red	<i>Shinshu miso, Sirokara miso/ Sendai miso, Sado miso, Echigo miso, Tsugaru miso, Hokkaido miso, Akita miso, Kaga miso</i>
Barley Miso	Mild/Salty	Tint/ Red	Kyusyu, Shikoku, and Chugoku district/ Kyushu district, Saitama prefecture, Tochigi prefecture
Bean Miso	Salty	Red	<i>Hacho miso, Nibuhan miso, Nagoya miso, Tamari miso</i>

Q: What decides the difference of the taste of *miso*?

A: Proportion of Salt and *koji* (malt): The more salt *miso* contains, the more salty it is. The more *koji* it contains, the milder it is

Q: What decides the difference of the color of *miso*?

A: Period of aging: A longer period of aging makes *miso* red. This is because a brown material is produced during aging. The general period of aging is 2-6 months for *siro* (White) *miso*, and 3-12 months for *aka* (Red) *miso*. *Siro* *miso* is produced by polishing rice many times not to make brown materials, and choosing *koji* germs and peeling soybeans not to color it. *Siro* *miso* contains a small amount of salt, and can not be preserved for a long time. *Aka* *miso* is produced by putting soybeans in water overnight, straining off the water, and steaming them in a pressure cooker to make them colored easily. Brown materials are easily made when *koji* is added to this. The higher temperature *aka* *miso* has and the longer it is aged, the more color it has. It contains a lot of salt to prevent it from decaying by germs during aging.

Current Food Culture and Eating Habit: A New Movement

In Japan these days, *shun* is disappearing rapidly. People can get every vegetable whenever they want, and eat every dish of the world whenever they want. There is a movement to reconsider our food culture in the current situation in which they can not feel four seasons, and homogeneity of food (Homogeneity of taste) proceeds. There are several local areas which promote “*jibajisyo*”, which means eating local food, and circulating production and consumption including dumping.

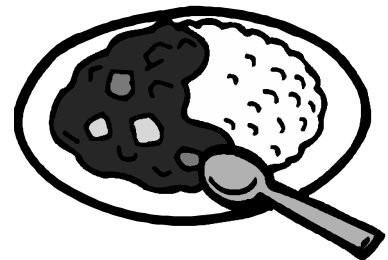
Unit3: Let's Cook Asian Curries!!

Objective

Participants will be able to feel and understand the local food culture from curry.

Duration

90-120 minutes



Notes

- The plan should be simple so that the emphasis can be put on that participants can cook and taste curry.
- The facilitator should let all the participants bear in mind that the dish and the recipe introduced in this unit are one of the many kinds in a local area (Avoiding to fix a prejudice).

For Practice

- The facilitator should have knowledge on this topic by reading cooking books before implementing this unit.
- Most spices are sold at department stores and Indian restaurants (Phone numbers are listed at the end of this book). It is easy to buy bottled powdered spices, but grinding them on the spot is better because participants can feel vivid, and spices are more aromatic (Grinding one spice is enough).
- The amount of spices is shown approximately, but taste could be different because of the spiced used when cooking. The facilitator should cook curry and get the art before implementing this unit. He or she should teach the participants that they can easily change the taste of curry by adding or reducing spices. He or she should let them learn about it by cooking curry. He or she should prepare milk or yogurt for those who can not eat spicy food.
- Red pepper should be handled with care because even its seeds sting people when they touch them (In case of Japanese red pepper, it is better to put it in hot water).

Time for eating

- Cooking class and dining after it contain an element of entertainment. The facilitator should clearly show participants how he or she regards this unit in relation to the former and subsequent classes. He or she should think about the degree to which participants can act on their own will, and about how much he or she adds elements of entertainment in the unit.
- It would be desirable to have time to express opinions after eating. It would be fun to make several groups and vote on which is the most tasteful curry.
- If possible, the facilitator should invite native people or those who have traveled to the area, and teach on the difference in dishing up and manners of eating. It is better to have time for thinking about how to get food, how to buy it, and how to preserve it.
- Dining will be more enjoyable if the facilitator prepares things such as music and costumes. It is also fun to watch the Indian or Thai slide or movie during (after) eating.



Northern Indian Bean Curry

What ingredients are there in curry which you cook in your house? Potatoes, onions, carrots, and meat. Japanese curry contains various ingredients together in it. They are almost the same all the time, and everywhere.

What about India, the Mecca of curry? In India, one curry often has only one ingredient. Indian people change the composition of spices and cook curry to bring out the taste of an ingredient. There are many kinds of curry, such as chicken curry, fish curry, spinach curry, and bean curry. They often eat a small portion of many curries in one meal. In India, which is large, ingredients and recipes are greatly different from season to season, and place to place. Of course, there are many kinds of hot taste. Manners are also diverse.

Today, let us introduce the recipes for bean curry that is popular in northern India and around Delhi, and vegetable curry in southern India.

📌 **Ingredients: Curry Sauce (for four people)**

300 grams dry lentils 2 onions 4 tablespoons salad oil 3 cups water 1 teaspoon salt Fresh coriander (a little) 1 teaspoon garam masala	Spice A 7-10 cardamon 1-2 tablespoons cumin, whole 1-2 tablespoon coriander 1 tablespoon black pepper 1-2 tablespoons turmeric 2 teaspoons dry curry leaf
Chapati 3-4 cups flour 1 teaspoon ghee Water	Spice B 1 clove garlic 1 clove ginger 1-2 red peppers

📌 **Recipe**

<Preparation>

Rinse lentils and put them in hot water for more than 30 minutes.

Measure the quantity of spices with spoon

Grate garlic and ginger, and mince red peppers: Spice B

Mince onions

<Cooking Curry Sauce>

1: Boiling Lentils

Boil lentils which are put in water for ten minutes (Do not smash). Add a pinch of turmeric powder to color them.

2: Frying

Fry spice A (curry powder is also fine) without water to bring out aroma. Put it in a mortar, and add spice B. Grate them and make them into paste. You can use a food processor.

Heat oil in a pan and fry onions over low heat; cook until onions begin to brown. Add the paste, and salt, and stir in them lightly.

3: Simmering

Put water in the pan and simmer over medium heat for about 20 minutes.

Add lentils and simmer over medium heat for ten minutes.

Add 1 teaspoon garam masala and simmer for a short period of time (Simmering too much removes flavor).

<Cooking Chapati>

1: Put flour, and melted ghee or butter in a large bowl. Add water gradually and knead the dough until it becomes as hard as an earlobe. It is better to roll and punch it repeatedly. After kneading, roll the dough into a ball, cover it with a wet dish towel, and leave it for about 30 minutes.

2: Divide the dough into 8-10 small balls and roll out on a floured board with a rolling pin into a circle (15mm in diameter).

3: Heat the dough on a skillet without oil for a minute, and turn over it.

4: Cook over open flame. When it rises like a balloon, turn over it and put it on a plate. You may put ghee lightly on the chapati.

<Dishing up and Serving>

Serve curry on each person's plate or a tali (a steel plate used in India) and put minced coriander.

In India, several kinds of curries are sometimes eaten in one meal. Dishing them up on a thali looks gorgeous. Chutney, relishes, or yogurt are accompanied.

Hot chapatti is delicious, so it is better to begin to heat it right before finishing simmering curry. Curry and a chapati are put on tali, and served separately.

Serving lassi makes the atmosphere more exotic.

Southern Indian Vegetable Curry

📌 **Ingredients: Curry Sauce (for four people)**

2 onions 2 potatoes 1 carrot 10 cm Japanese radish 1 bunch broccoli 1 bunch okra 1 canned tomato 3 tablespoons salad oil Suitable quantity water 2 cups coconut cream 1 teaspoon lentil 1 tablespoon salt	Spice A 1/2 teaspoon mustard seed 2-3 red peppers 2 leaves laurel
Rice 3 cups indika rice 6 cups water	Spice B 1 tablespoon chili powder 1 tablespoon turmeric powder 2 tablespoons coriander

📌 **Recipe**

<Preparation>

- Rinse rice carefully
- Measure the quantity of spices
- Mince onions
- Cut all the vegetables in suitable size for eating

<Cooking Rice>

Same as Thailand Red Curry.

<Cooking Curry Sauce>

1: Frying

- Heat the oil in a skillet and fry minced onions over low heat until they begin to brown.
- Add all the vegetables other than gumbo and stir them in.
- Crush a tomato and add it to them.

2: Simmering

- Add water till it covers vegetables, simmer over medium heat, and take out scum.
- Add spice B, coconut cream, and gumbo when vegetables become soft.
- Add salt.

Mus Kari: Sri Lankan Beef Curry

Look for where Sri Lanka is in a map. Sri Lanka is an island country that locates in the south of southern India, an equatorial island in the Indian Ocean. It is close to southern India, therefore, the vegetables and the spices used for curry are alike. Fresh herbs are sometimes used in Sri Lankan curry. This is similar to Thai curry.

Today, we would like to introduce beef curry. You will think that beef is expensive in Japan, but in Sri Lanka, it is cheap, and beef curry is popular among people. What is Maldivian fish used for Sri Lankan curry? It is popular in Japan, which is an island country like Sri Lanka.

🍷 **Ingredients: Curry Sauce (for four people)**

300 grams beef 1 onion 1 clove ginger 3 cloves garlic 2 cups coconut milk 1/2 cup coconut cream 1 tablespoon salad oil 2 cups water 1 teaspoon salt	Spice A 3 grains black pepper 3 grains clove 3 grains cardamom 2 teaspoons coriander 1 teaspoon cumin
Rice 3 cups indica rice 6 cups water	Spice B 1-2 red peppers 5 cm cinnamon stick 2 tablespoons curry powder 2 leaves laurel Suitable quantity Maldivian fish (Dried bonito could be a substitute)

🍷 **Recipe**

<Preparation>

- Rinse rice and put it in a basket
- Measure the quantity of the spices
- Mince garlic, ginger, and an onion
- Cut beef in suitable size for eating

<Cooking Rice>

Same as Thailand Red Curry.

<Cooking Curry Sauce>

1: Blending Spices

Grind spice A.

Fry spice A and Spice B in a skillet without water for three minutes, add Malive fish and fry them.

2: Frying

Heat oil in a pan, and fry garlic, ginger, and an onion until they begin to brown.

Add beef and fry them for two minutes.

3: Simmering

Put spices and water in a pan, simmer over medium heat for ten minutes, add coconut milk, and simmer over medium heat for ten more minutes.

Add coconut cream, simmer over low heat for five minutes. Add salt, and remove cinnamon stick.



🌀 *Kaeng Phet: Thai Red Curry* 🌀

Look for where Thailand is in a map. You can find that Thailand is located between two big countries: China and India. Thai people arranged and accepted Chinese and Indian cuisine in their own way, adapting the cuisine to their taste.

Look at the map again. Thailand has a long coastline, and a lot of rivers. Seafood and rice caught and harvested are basic ingredients of Thai food. Thai and traditional Japanese meals are similar in that there are a lot of fish dishes and that people eat a lot of rice.

The famous Thai curries are red curry and green curry. Today, we would like to introduce the recipe for red curry (Green curry is a curry in which spices are blended with green chili). You may think that Thai food is very hot, but sweetness of coconut milk and the salty and sour taste of nam pla (fish sauce) are also impressive. In fact, Thai curry is exquisitely constituted of hot, sweet, and sour taste.

🍷 **Ingredients: Curry Sauce (for four people)**

3-5 red peppers (1-2 when using red curry paste) 2 tablespoons caraway seed 1 tablespoon coriander seed 1 teaspoon lemongrass, dried 4 lime leaves 1 tablespoon ginger 1 onion 1 clove garlic 1 tablespoon shrimp with <i>miso</i> 4 tablespoon nam pla or nuoc mam (available at Thai restaurants or big department stores) 1-2 tablespoons salad oil 12 prawns (black tiger prawn) 400 cc canned coconut milk 100 grams vegetables (bamboo sprouts, Japanese radish, etc.) 4-5 cups water Suitable quantity basil leaves Suitable quantity lemons, fresh vegetables (if you like)

Rice

3 cups indika rice 2.5 cups water 1 teaspoon salt

📌 Recipe

<Preparation>

- Rinse rice, and put it in a basket.
- Measure the quantity of the spices
- Mince garlic, ginger, and an onion.
- Cut bamboo sprouts and Japanese radish in oblong shape.
- Remove the skin and the intestine of prawns.
- Put 50 cc of coconut milk in another container.
- Remove the seeds of the red peppers and put peppers in water.

<Cooking Rice>

- 1: Put rice and salt in boiled water (more than two and a half cups). Simmer over low heat for more than ten minutes. Eat a few grains, and if rice is soft enough, tilt the lid and remove water that was not absorbed by rice.
- 2: Steam for 20 minutes with the lid put on the pot. Stir it in to put the air in it. When using a rice cooker, place a palm on rinsed rice, and put water till the root of your finger is barely covered (in case of domestic rice, the back of a hand). Water should be less when using a rice cooker than when using the pot.

<Cooking Curry Sauce>

1: Blending Spices

- Fry caraway seed and coriander seed without water, and grate them in a mortar.
- Add garlic, ginger, onion, other spices except for lime leaves, half of the red pepper, and shrimp with *Miso* to the mortar, and grate them (You can use a food processor or blender).
- Curry powder or garam masala can be substituted for caraway and coriander.
- 100 grams of red curry paste can be substituted for this whole process.

2: Frying

- Put oil in a pan, fry curry paste over medium heat for five minutes, and add lime leaves.
- Add prawns and fry them (Do not fry them too much).

3: Simmering with Coconut Milk

- Thin down 350 cc of coconut milk with two or three cups of water, and boil it. Add vegetables and the rest of the red pepper, and simmer for a few minutes. Remove the scum.
- Add nam pla before stopping fire.
- Try tasting the curry sauce, and add coconut milk if it is too hot.

<Dishing up and Serving>

Serve curry sauce in a large plate. Prepare a small plate for each person with a spoon (In Thailand, it is common that the elder are privileged when serving). Decorate curry with basil or a labiate leaf.

Each person has his or her own plate for rice.

Eat with spoons and forks.

Control hot taste with minced red peppers and coconut milk.

Serve water or coke.

🌀 *Noodle Curry Cooked with Japanese Soup Stock* 🌀

Curry was introduced to Japan in the Meiji era. This was the time Japan was striving to accept western civilization. Curry was introduced as British food, and as smart food.


It seems that curry became popular by the Japanese army. It is easy to carry potatoes and onions, and to cook curry. You can eat a lot with only one plate. Soldiers back from the battlefield introduced and spread curry all over the country. This is why all the curries contain potatoes and onions.

Soba restaurant played an important role in popularizing curry. It is well known that the thickness of Japanese curry is rooted in British cuisine. However, few people know that soba restaurants made curry mild by using Japanese soup stock and soy sauce as secret seasonings to adapt it to the taste of Japanese people.

Later, the TV commercial of instant curry changed the Japanese eating habit dramatically. The content of the commercial was that children were delighted because their mother cooked curry, their favorite dish. Mild curry became one of the favorite dishes among children, and one of the most popular dishes in school lunch.

Today, we would like to introduce the traditional curry which was served at soba restaurants.

🍷 **Ingredients: Curry Sauce (for four people)**

1 onion (leeks are also fine) 1 tablespoon curry powder 1 tablespoon salad oil 2 tablespoons wheat flour 1 tablespoon starch 6 cups soup stock (1 kelp, and 150 grams dried bonito) Suitable quantity soy sauce 200 grams pork or breast meat of a chicken 1/2 carrot 4 shiitake mushrooms Suitable quantity green peas	
Soba, Udon, or other noodles Soba (for four people) Suitable quantity water	



📌 Recipe

<Preparation>

Wipe kelp with a wringed towel, and lightly incise in it.

Cut an onion in comb shape.

Cut a carrot in ginkgo shape and boil it until a bamboo skewer can sting it. Remove the last bottom part of shiitake mushrooms and cut them in proper size.

Boil green peas.

Cut meat in proper size.

<Cooking Soba>

Put a lot of water in a large pot, and boil it. Put soba, and stir it in with chopsticks so that noodles stick together. Take out soba from the pot when it is soft enough, and put it in a basket.

<Curry Sauce>

1: Cooking Soup Stock from kelp and Dried Bonito

Put kelp in five cups of water, heat over medium flame, and take it out right before boiling.

Put dried bonito, and stop the fire. When it sinks, strain the soup. Do not wring too much not to bring out bitterness.

2: Frying an Onion, Wheat Flour, and Curry Powder

Fry an onion or a leek with salad oil over low heat until it begins to brown.

Add to it two tablespoons of wheat flour and a tablespoon of curry powder, and make paste.

3: Simmering Meat and Vegetables

Add a tablespoon of starch and soften the paste.

Add soy sauce.

Add meat and heat the sauce.

Put a carrot and shiitake mushrooms. Remove the scum.

Stop the fire when the sauce thickens, cool it down, and simmer it again (The taste of curry penetrates into the ingredients when cooling down the curry).

Add boiled green peas, and simmer the sauce.

<Dishing up and Serving>

Put soba in a big bowl, and put curry sauce on it. Serve fukujinzuke, pickled shallots, pickled Japanese radish with curry.

Seasonings are soy sauce, *shichimi togarashi*, Japanese rime, and so on.

Chopsticks are used.

Serve Japanese green tea after a meal.

Material 1: A menu of a Week - Summer in Banaras

On Talking about the Indian menu

Banaras, which is taken as an example here, is located in northern India. Banaras, through which Ganga (Ganges River) runs, is a Hindu holy city.

It is said that India has diversity, and this is also true of a local city Banaras (the population is about 1.5 million). Hindus, Muslims, Sikhs, Christians, and Buddhists live in this city, and five languages such as Hindi are spoken depending on their religion, caste, and academic background. It can be said that what people eat varies with the languages.

Hindus whose caste is high are vegetarians, and other Hindus eat chicken, fish, and vegetables in accordance with their caste and financial conditions. Mutton and beef are indispensable for Muslim dishes. The gap of these food cultures are so wide that they never mix with one another, even with neighbors from different cultural background.

Vegetables sold at a market are different seasonally. Therefore, curries vary seasonally. For these reasons, even if the case is limited to one city, Banaras, you can not designate the orthodox menu. One of the commonalities in this diversity is that native Banaras people eat curry which is not hot, that is, they do not use as many kinds of spices as people in other areas do.

The following menu is that of my host family, who are Hindu vegans (the financial situation is better than average) and took care of me for three years when I studied in India.

1 Lunch is a main meal. Other than meals, there are tea times right after rising and at 5 p.m..

Meal time is from 8 a.m. to 10 a.m. in breakfast, around 2 p.m. in lunch, and from 9 p.m. to 11 p.m. in supper.

2 Propane gas is popular among middle-class families in urban areas, those who are not well-off use the excrement of cows as energy. Traditional ovens are still popular in villages.

3 Pottery dishes are only for upper classes. Most of the people use stainless and poor people use aluminum dishes.

Reporter: Noriko YAMAZAKI

Monday

Breakfast: Chai, Chapati

Lunch: Potato and eggplant curry, Dahl (curry soup in which lentils are used), Chapati, Rice, Green mango achar (Pickled green mango with spices. Sour and hot)

Supper: Leftovers of lunch, Chapati

Tuesday

Breakfast: Chai, Paratha (The dish in which the dough of the chapati with potatoes seasoned by mashed spices are kneaded, and baked with ghee. It is dipped in homemade hot tomato chutney)

Lunch: Khichri (Spice-flavored rice porridge)

Supper: Leftovers of lunch, Chapati

Wednesday

Breakfast: Chai, Puri (Thickly rolled chapati deep-fried with ghee), Potato curry

Lunch: Rokiya curry, Dahl, Chapati, Rice, Jackfruit achar

Supper: Leftovers of lunch, Chapati

Thursday

Breakfast: Chai, Potato hot sandwich (Baked sandwiches with mashed and seasoned potatoes)

Lunch: Eggplant curry, Dahl, Chapati, Rice

Supper: Rokiya, Soya Balliy curry (A food made from soybeans. It looks like chicken in appearance and the feeling of taste).

Friday

Breakfast: Chai, Chapati with ghee (Leftovers of last supper)

Lunch: Potato dried curry, Dahl, Puri, Chapati, homemade yogurt

Supper: Leftovers of lunch, Fried rice with ghee (leftovers of lunch), Chapati

Saturday

Breakfast: Chai, Bacola (Deep-fried vegetables such as potatoes and onions with the coating of ground chana dals and spices. It looks like tempura, but hot)

Lunch: Potato and green pepper curry, Dahl, Chapati, Rice

Supper: Leftovers of lunch

Sunday

Breakfast: Chai, Cucumber curry, Chapati

Lunch: Okra curry, Dahl, Dahi Bara (a side dish in which ground lentils are kneaded, deep-fried with oil, and soaked in yogurt), Puri, Rice, Sliced onions and tomatoes

Supper: Potato and green peas curry, Chapati

Material 2: Report on a Cooking Class

Title	Let's cook curry from spices!!
Target	Those who chose the comprehensive lecture "Various Issues on Food" Ten high school students; from freshman to senior
Preparation	Various spices, A handout of a recipe for curry and the amount of garam masala, The list of the characteristics of spices, Curry ingredients
Objectives	Students will be able to 1: know the characteristics of spices by cooking curry from them. 2: recognize the diversity of curry which is a popular dish.
Procedure	1: Experiencing Spice 15min. 2: Explanation for Spices 10 min. 3: Making Your Own Garam Masala (two people in one group) 15min. 4: Explanation for the Recipe for Curry 5 min. 5: Cooking Curry (two people in one group) 40min. 6: Eating Curry, Expressing Opinions, Doing the dishes 15min. 100 min. in total

1: Experiencing Spices (15min.)

Imagining the taste, aroma, touch, and color of spices and experiencing them without information on them. Put nutmeg, cumin, coriander, clove, cinnamon, black pepper, turmeric, cardamom, and red pepper on plates and let students touch them.

I prepared the major spices of garam masala. Some students bit them with care, while others ate them in one gulp and spit them out immediately. They seemed to enjoy this activity in their own way.

2: Explanation for Spices (10min.)

Explain that each spice has its characteristic, such as aroma, pungency, and coloring. Distribute the list and explain on the characteristics of the spices. Explain that garam masala is a blended spice, and there are many ways of blending for various purposes.

3: Making Your Own Garam Masala (15min.)

Students make their own garam masala to cook curry which suits their taste or their image. Measure the weight of spices which they will use referring to the handout in which there is the basic amount of garam masala. Grind them with a mortar and a pestle.

When grinding spices, I prepared a mortar and a pestle because I did not have a millstone. Most of the spices are harder than they look. Therefore, students “smashed” them rather than “ground.” It takes a lot of time and effort to grind them into powder which is seen in restaurants. A few grains remained, but it did not matter. If you have a food processor or a pepper mill, you will be able to make powder. The mortar and the pestle became the color of curry because students put turmeric and ground it.

Students thought that the amount of spices are small compared with that of ingredients, and some students ground the spices more than proper amount. I left blending up to them except for those who blended spices too much.

It would be better to show the number of the peppers, not the amount of the teaspoon and the tablespoon if you do not use powdered spices.

4: Explanation for the Recipe for Curry (5 min.)

Distribute the handout of the recipe for curry, and explain how to cook it.

5: Cooking Curry (40min.)

Students could not follow the recipe perfectly, because their garam malasa was unique and different from that in the recipe in amount. I advised on how much they should put water, and add salt, and how to adjust fire.

6: Eating Curry, Expressing Opinions, Doing the dishes (15min.)

Each group cooked unique curries, such as curry like *nikujaga* (simmered potato and meat), and curry like soup, and they enjoyed eating curry which they cooked. They recognized the characteristics of spices from these results, and expressed their opinions; for instance, “This spice can be used for other dishes,” “I do not want to eat such curry as I cooked,” and “If I had added that spice, this curry would be much more delicious.”

7: Reflection

A lot of students found out that there is a wide range of the pungent taste of curry by cooking it from spices. However, few thought why such a range existed and what the influential elements of it were (climate, environment, religion). Considering the objectives of this practice, which are “to know the characteristics of spices by cooking curry from them and to recognize the diversity of curry which is a popular dish” rather than “to cook curry,” I should have spent more time to ask some questions on diversity during cooking or eating.

Reporter: Michiko MUKAI

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