

CURRIES

A top-down view of a white ceramic bowl filled with a vibrant orange chicken curry. The curry contains several pieces of chicken and green chilies. It is served with a portion of white rice on the right side of the bowl. The dish is garnished with fresh green cilantro leaves and a whole green chili pepper. A silver fork is placed on the right side of the bowl. In the background, there is a small bowl of white rice and some fresh cilantro leaves on a wooden surface.

Food & Recipes

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- CRAFTSMANSHIP - CURRIES basics & usage ✓

Courses: Curries

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

Intro To Origin of Curry:

Curry originated in the Indian subcontinent and the word comes from the Indian Tamil word "Kari" meaning a sauce or soup to be eaten with rice.

- ☐ THAI CHICKEN CURRY
- ☐ CHICKEN COCOS CURRY
- ☐ PORK & PEANUT CURRY
- ☐ FISH & TOMATO CURRY
- ☐ PEANUT CURRY
- ☐ SWEET POTATO CURRY
- ☐ THAI MARROW
- ☐ RED LENTIL „DAHL“
- ☐ VEGAN CHICK PEA

Directions

It consists of a mix of spices of which coriander, turmeric, cumin, and red chilies are almost always a constant.

Called "The four basic spices".

Curry powder as we know it in the West is a British invention that dates back to the 18th century.

In the rest of the world, curries are made from scratch by using these spices whole or grinded along with others for mixtures that vary according to regional traditions.

Curries can be divided into "dry" and wet curries, according to the amount of sauce created.

Dry curries resemble more spicy stir fries.

In India for example, the spices are usually tempered, meaning roasted or fried in oil before being inserted in the food, whereas in Thailand, they are usually blended together raw before being used.

Already in 2600 B.C. suggestions to use a mortar & pestle to pound spices appeared in some documents retrieved from digs in Pakistan. References to cumin more than 2000 years old. These & other spices such as black pepper, cinnamon, and cardamom were already being traded from Kerala in India as far back as 3000 B.C. and arrived in the Middle East before the beginning of the first millennium.

- CRAFTSMANSHIP - CURRIES passion for a Chef ✓

Courses: Curries

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

Thailand curry (Kaeng)

Thai curries are usually served with abundant broth, more like a rich soup and include coconut milk as a base and almost always include kafir lime leaves and lemongrass. The spices are ground raw or roasted with herbs and garlic as a paste, the mixture being sometimes fried before added to the soup. Some curries add ground peanuts in Thailand.

Green curry, or **"kaeng khiao wan"**, gets its color from green chilies, lime leaves, lemongrass roots, fresh coriander and basil in the paste.

It is considered the spiciest curry.

Red curry, or **"kaeng phet"** uses at least two types of red chilies on top of the traditional four basic spices encountered in curries all over the world and the lemon grass.

Yellow curry **"Kaeng kari"** is no doubt the one that resembles the most the Indian traditional four-spices curry with the addition of the lemongrass, kafir lime leaves and the coconut milk.

Directions

Indian curry (Kari)

Indian curries almost always begin with a garlic-ginger paste made of pounding the 2 fresh ingredients and frying them in oil before adding other vegetables and fried or roasted spices. It also makes abundant use of "curry" leaves, from the fragrant *Murraya Koenigii* tree that grows in India, which gives Indian curries their distinctive flavour. Fresh coriander is usually added fresh at the conclusion of the dish.

Indonesian curry (Gulai)

Indonesian curries, called "gulai", use spices like nutmeg, cloves and cinnamon or even star anise in their dishes for a warmer, more rounded taste. The curries tend to be creamy through the addition of either coconut cream or grounded cashews or yet still macadamia nuts. Some also add soya sauce to their curries.

Cambodian curry (Kari)

Cambodia has raised one of its curry dishes called Amok to the level of a national dish. It is a dish of curry steamed in a banana leaf. The curry is red and similar to a Thai red curry in ingredients. As in Thailand, Khmer cuisine makes abundant use of lemongrass and kaffir lime leaves.

- CRAFTSMANSHIP -

Chicken coconut curry ✓

Courses: Curries

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

This phenomenal 30 min. recipe has come to revolutionize your work meal.

Chunks of chicken get incredibly juicy in a spicy sauce of red curry paste, coconut milk, garlic and lime juice. Serve with fragrant rice that soaks up the curry, and yes - everything is on the table in less than half an hour.

- ☐ 1000 g Chicken breast fillet
- ☐ 2 Onions
- ☐ 2 Garlic cloved
- ☐ 4 tbsp Coconut fat
- ☐ 1000 ml Coconut milk
- ☐ 4-6 tbsp. Red curry paste
depending on the spiciness
- ☐ 1 Lemon squeezed
- ☐ Salt, pepper & chili
- ☐ Rice to serve

Directions

Cut chicken breast fillet into large bite-sized cubes.

Peel & finely chop onion & garlic.

Heat coconut fat in a large frying pan.

Salt the fillet, then fry on all sides for about 10 mins., turning regularly.

Add onions & garlic & cook for another 2-3 mins.

Add coconut milk, curry paste & lemon juice to pan.

Simmer for 5-10 min.

Season with salt, pepper & chili.

Serve with rice.

- CRAFTSMANSHIP -

Fried fish & tomato curry ✓

Courses: Curries

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Use a sustainable white fish like pollock in this southern Indian-style coconut and tomato curry with coriander

- ☐ 4 tbsp Vegetable oil, plus 2 tsp
- ☐ 4 Onions, thinly sliced
- ☐ 16 large Tomatoes, roughly chopped
- ☐ 8 Garlic cloves
- ☐ 2 thumb-sized piece Ginger, roughly chopped
- ☐ 6 tbsp Curry paste
- ☐ 350 ml Coconut milk
- ☐ 2 tbsp Coriander, dried
- ☐ 1000 g Pollock fillets, skinned
- ☐ 12 tbsp plain Flour

Directions

Heat 2 tsp oil in a pan.

Tip in the onions & a pinch of salt.
about 8 min. until soft & golden.

Cook for

Meanwhile, blitz the tomatoes, garlic & ginger in a food processor to a smooth purée.

Add the curry paste to the onions and fry for 3 min. more.

Stir in the tomato mix & simmer for 10 min. until thickened.

Add the coconut milk & dried coriander. Simmer again to thicken.

Dust the fish fillets in some seasoned flour.

Heat the remaining oil in a non-stick frying pan.

Cook the fillets, in batches, over a high heat for

1 min. or so on each side, until they begin to brown.

Carefully place fish in the tomato mixture & simmer until just cooked through.

Serve with rice.

- CRAFTSMANSHIP -

Pork & peanut curry ✓

Courses: Curries

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 2 tbsp vegetable Oil
- ☐ 2 tbsp Spring Onions, sliced
- ☐ 2 tbsp dried Coriander
- ☐ 800 g Pork tenderloin, sliced
- ☐ 8 tbsp Thai red curry paste
- ☐ 8 tsp Peanut butter
- ☐ 2 tbsp brown Sugar
- ☐ 2 tbsp Soy sauce
- ☐ 800 ml Coconut milk
- ☐ 400 g baby Corn
- ☐ Juice of 2 lemons
- ☐ Jasmine Rice, to serve

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

Heat the oil in a large saucepan or flameproof casserole.

Add the spring onions & dried coriander & cook for 1 min.

Add the pork slices & cook for 5 mins. until starting to brown.

Stir in the curry paste + peanut butter.

After 30 secs, add the sugar, soy & coconut milk, plus ½ can of water.

Mix well, put a lid on & leave to simmer for 15 mins, stirring occasionally.

Remove the lid, add the baby corn and increase the heat.

Bubble for 3 mins until the corn is cooked & the sauce has thickened a little.

Stir in the lime juice & check the seasoning.

Can now be frozen for up to 2 months.

To cook from frozen:

Thoroughly defrost, then heat in a pan on the hob until curry is hot all the way through.

Serve scattered with rice.

- CRAFTSMANSHIP -

Red lentil "DAHL" ✓

Courses: Curries

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

This means heavenly thick, bubbling sauce, which is made incredibly aromatic by red curry paste, ginger, garlic & onion. In addition, coconut milk, which makes the whole thing deliciously creamy. Marrow provide us with plenty of vegetable power.

- ☐ 4 large Onions,
finely chopped
- ☐ 12 cloves of Garlic,
finely chopped
- ☐ 16 cm fresh Ginger,
finely chopped
- ☐ 4 pinches of Chili flakes
- ☐ 1000 g red Lentils, rinsed
- ☐ 800 ml Coconut milk
- ☐ 8 tbsp Coconut fat
- ☐ 4 handfuls Parsley
- finely chopped
- ☐ 2000 ml Veggie broth
- ☐ 8 tsp Garam Masala
- ☐ Salt & black pepper
- ☐ Curry powder to own taste

Directions

FOR THE CACHUMBER

- ☐ 8 handfuls of Cucumber pieces
- ☐ 8 handfuls of ripe Tomato pieces
- ☐ 1 red Onion, cut into stripes
- ☐ 1 tsp ground Cumin seeds
- ☐ 4 tbsp Lemon juice
- ☐ 8 tsp neutral Oil
- ☐ Some pinches of Chili flakes
- ☐ 2 small handfuls of Parsley, chopped

In a large saucepan, toast Garam Masala over medium heat for 1 min. without fat until fragrance rises.

Add coconut fat, onions & a little salt, increase heat, fry for 8 min, stirring occasionally.

Add garlic, ginger, chili & fry for another few mins.

Next add lentils, coconut milk, chopped parsley & broth. Stir everything together, then turn up the heat, put a lid on the pan & simmer over medium heat for 12 mins. Stir occasionally.

In the meantime, prepare the Cachumber

Simply mix all the ingredients in a bowl with a pinch of salt, season to taste & set aside until ready to serve. Once the lentils are soft, season with curry powder, salt & pepper, then serve garnished with some yogurt, the Cachumber, rice & the chopped parsley leaves.

- CRAFTSMANSHIP -

Thai marrow curry ✓

Courses: Curries

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

This means heavenly thick, bubbling sauce, which is made incredibly aromatic by red curry paste, ginger, garlic & onion. In addition, coconut milk, which makes the whole thing deliciously creamy. Marrow provide us with plenty of vegetable power.

- ☐ 4 Garlic cloves
- ☐ 2 Onions
- ☐ 6 equal pieces of Ginger
(to own taste)
- ☐ 4 large tbsp Coconut fat
- ☐ 8 tsp red Curry paste
- ☐ 1000 ml Coconut milk
- ☐ 8 Marrows
- ☐ Fish sauce
- ☐ Rice to serve

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

Peel & finely dice garlic and shallot.

Peel & finely chop the ginger.

Heat coconut fat in a large frying pan.

Add garlic, shallot, ginger & curry paste to pan & sauté briefly.

Add a sip of coconut milk & sauté for 2 mins.

Meanwhile, cut marrow into pieces.

Add remaining coconut milk & marrows & simmer until the marrows are cooked.

Add fish sauce & chili to taste.

Enjoy.

- CRAFTSMANSHIP -

Thai chicken curry ✓

Courses: Curries

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 2 red bell Peppers
- ☐ 2 bunch of Spring onions
- ☐ 400 g Mushrooms
- ☐ 700 g Chicken breast fillet
- ☐ 300 g Rice long corn
- ☐ Salt
- ☐ 2 tbsp (30 g) neutral Oil
- ☐ 400 ml Coconut milk (canned)
- ☐ **4-6 tsp yellow Curry paste**
- ☐ 400 g frozen green Beans
- ☐ 1 bunch of Parsley

ASSESEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

Peppers & spring onions clean,
wash & cut into pieces.

Clean, rub & quarter the mushrooms.

Wash chicken, pat dry & cut into cubes.

Add rice to boiling salted water & cook over low heat for about 15 min.

Heat oil, fry meat in it all around, remove.

Sauté mushrooms & bell pepper in the drippings.

Deglaze with coconut milk & 250 ml water.

Stir in curry paste. Simmer for about 5 min.

Add meat, beans & spring onions & simmer for another 5 min.

Wash parsley, pat dry, cut into fine strips.

Season Thai curry with salt to taste.

Serve with rice & sprinkle with parsley.

- CRAFTSMANSHIP -

Vegan peanut curry ✓

Courses: Curries

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Spicy & warming!

- ☐ 500 g Rice
- ☐ 4 bell Peppers
- ☐ 6 Carrots
- ☐ 400 g green beans (frozen)
- ☐ 4 tbsp Spring onions
- ☐ 4 Garlic cloves
- ☐ 2 pcs. Ginger (hazelnut size)
- ☐ 4 tbsp Coconut fat
- ☐ 3 - 4 tbsp red Curry paste
(depending on spiciness)
- ☐ 6 tbsp Peanut butter
- ☐ 6 tbsp Soy sauce
- ☐ 800 ml Coconut milk
- ☐ 200 ml Vegetable broth

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

Wash, halve and clean the peppers and cut into strips.

Peel & slice the carrots. Remove the ends from the beans & cut them in half.

Take the frozen beans out of the freezer. Cut spring onions into fine rings.

Peel garlic cloves & ginger. Press garlic & grate ginger finely.

Heat coconut fat in a coated pan.

Sauté curry paste, ginger & garlic for 1-2 min. over medium heat.

Add bell pepper, carrots & beans and sauté for 5 minutes.

Mix peanut butter with soy sauce and 4-5 tablespoons coconut milk.

Pour the coconut milk over the vegetables.

Pour in the peanut sauce & vegetable broth.

Simmer the vegan curry gently for 20-25 min. until the vegetables are pleasantly firm to the bite.

- CRAFTSMANSHIP -

Vegan sweet potato curry ✓

Courses: Curries

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

This vegan sweet potato curry with lots of vegetables & coconut milk is not only deliciously spicy, creamy & healthy, but also the perfect mix of easy & super delicious!

- ☐ 4 Onions (or red onion)
- ☐ 2 pcs. Ginger (walnut size)
- ☐ 6 Garlic cloves
- ☐ 4 Carrots
- ☐ 1.000 g sweet Potatoes

- ☐ 400 g Chickpeas (drained)
- ☐ 4 - 6 tbsp Coconut fat
- ☐ 4 - 6 tbsp red Curry paste
- ☐ 2 tsp ground Cumin
- ☐ 800 ml Coconut milk
- ☐ 800 g strained Tomatoes
- ☐ 2 lemons
- ☐ Salt & ground Pepper

GARNISH (OPTIONAL)

- ☐ 500 g Rice long corn
- ☐ 2 tsp Salt

Directions

Peel onions & garlic cloves. Finely dice onions.

Press or grate garlic.

Peel ginger & grate finely as well.

Peel carrots & sweet potatoes. Thinly slice carrots & dice sweet potato to bite size.

Melt coconut fat in a wok or deep coated pan over medium heat.

Sauté onions, garlic, ginger & curry paste for 2 min.

Add carrots, sweet potatoes & cumin. Mix thoroughly with the curry paste & continue to fry for 5 min.

Then pour in coconut milk & strained tomatoes.

Season with salt + pepper and simmer gently over medium heat for 20 min., until sweet potato pieces are tender.

Add chickpeas to curry & simmer for 4-5 min. until al dente.

Cut lemons into quarters.

Remove sweet potato curry from heat & season with lime, salt & pepper.

Divide among plates.

- CRAFTSMANSHIP -

Veggie chickpea curry ✓

Courses: Curries

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

This means heavenly thick, bubbling sauce, which is made incredibly aromatic by red curry paste, ginger, garlic & onion. In addition, coconut milk, which makes the whole thing deliciously creamy. Marrow provide us with plenty of vegetable power.

- ☐ 8 Carrots
- ☐ 4 Onions
- ☐ 4 bell Peppers
- ☐ 8 tbsp Curry powder
- ☐ 6 litre Vegetable broth
- ☐ 1200 g Potatoes
- ☐ 4 can Chickpeas
- ☐ 4 can Kidney beans
- ☐ 1200 ml Coconut milk
- ☐ 8 tsp dried (ground) Coriander
- ☐ Some Vegetable oil
- ☐ Salt & Pepper

Directions

Peel & coarsely dice the onions, wash & dry the peppers and also coarsely dice them.

Heat oil in a moderately sized pot & cook both over medium heat, stirring regularly, for approximately 5 min. until al dente.

Add curry powder + continue to fry for approximately. 2 min.

Then deglaze with vegetable & and bring to the boil briefly.

Peel the potatoes, cut into bite-sized pieces & add to the dish.

Reduce heat & close the pot with a lid.

Simmer at 75° C for about 15 min. until the potatoes are cooked through.

Now add coconut milk, chickpeas + kidney beans to the dish and heat.

Season with ground coriander, salt & pepper to own taste.