

# Recipes



## Curry leaf - *Bergera koenigii*

### Tips for Use:

- Add to pan in the beginning of cooking, fry in oil, with or just before your adding the spices.
- Best used fresh. Will retain flavor for up to 3 months frozen. Wrap well and seal in plastic.
- Use to flavor soups, stews, chutneys, and rice typically.
- Curry leaf is not related to, nor is a substitute for curry powder.
- Unlike bay leaves, curry leaves can be eaten.
- Strip leaflets off the main stem before using.

### Garlic and Chile Seared Shrimp

3 tablespoons light olive or vegetable oil; more as needed  
2 pounds raw extra-jumbo shrimp (16 to 20 per lb.), peeled (leave tail segment intact) and deveined  
Kosher salt  
3/4 teaspoon ground turmeric  
20 fresh curry leaves  
10 cloves garlic, finely chopped

6 scallions, thinly sliced  
1-1/2 large red chilies, such as Fresno, finely sliced (about 1/3 cup), seeds removed if you don't like it fiery  
1/2 teaspoon sweet smoked paprika  
1/4 cup coarsely chopped fresh cilantro  
1 tablespoon honey  
1/4 cup fresh lime juice; more to taste

Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season the shrimp lightly with salt. In batches so as not to crowd the pan, cook the shrimp, flipping once and adding more oil as necessary, until barely cooked through, about 2 minutes total. Transfer to a plate, leaving the oil behind in the pan. With the pan over medium heat, add the remaining 2 tablespoons oil. Sprinkle the turmeric over the oil, then stir in the curry leaves, garlic, scallions, chilies, and paprika. Add the shrimp and any juice on the plate and half of the cilantro, and toss well to coat. Drizzle the honey over the shrimp, and cook until cooked through, about 1 minute. Turn off the heat, pour the lime juice over the shrimp, and toss. Taste and season with more salt, honey, and lime juice. Sprinkle the remaining cilantro over the shrimp, and serve.

Anjali Patak  
Fine Cooking, August/September 2017

### Lemon and Curry Leaf Rice

*This will be a revelation to those who tend toward plain steamed basmati. The method is fail-safe, and the result is stunning. Serve this rice with an Asian savory pickle to make a vegetarian meal, or next to a freshly roasted chicken. Try to look for fresh curry leaves for this dish, using them on the stem. They freeze well, so don't worry if you end up getting a large bunch.*

5 short cinnamon sticks ( $\frac{1}{3}$  ounce/10grams)  
10 whole cloves  
Shaved rind of 1 lemon, plus 1 tablespoon lemon juice  
3 stems fresh curry leaves (about 25 leaves), or 35 dried curry leaves  
Rounded 2 cups/400 grams basmati rice, rinsed, soaked in water for 15 minutes, and drained well  
 $\frac{1}{4}$  cup/60 grams unsalted butter  
Salt and white pepper

Preheat the oven to 400°F/200°C.

Put the cinnamon sticks, cloves, lemon rind, curry leaves, 1  $\frac{1}{2}$  teaspoons salt, and  $\frac{1}{2}$  teaspoon pepper in a saucepan. Cover with 2  $\frac{3}{4}$  cups/680 ml water and place over high heat. As soon as the water boils, remove the pan from the heat.

Spread the rice out in a baking dish or roasting pan approximately 9  $\frac{1}{2}$  by 12 inches/24 by 30 cm, cover with the boiled water and aromatics, and stir well. Lay a piece of waxed paper over the surface of the water and cover the dish with aluminum foil. Cook in the oven for 25 minutes, then remove and leave to sit, covered, for 8 to 10 minutes.

Just before serving, melt the butter in a small saucepan. Once it's melted and very hot, carefully add the lemon juice and swirl together to mix. Pour this over the hot rice and fluff up the rice with a fork. Transfer to a serving bowl and serve at once (you can remove the curry stems and cinnamon sticks or keep for the look). Serves 4.

Yotam Ottolenghi  
The Splendid Table

## Ginger and Curry Leaf Rasam

### *Adrak aur Kari-Patta Rasam*

*Rasam is an immensely popular South Indian soup. The word rasam, in the Tamil language, means "essence," or "juice," and has come to mean a particular type of soup that includes the tartness of tamarind or tomatoes. The ingredients used in rasam vary, but it is basically a light, spicy soup. The spiciness can be adjusted to your taste. At times I add vegetables to make this soup a complete meal.*

1/2 cup dried red lentils, picked over, washed, and drained  
6  $\frac{1}{4}$  cups water  
1 teaspoon ground turmeric  
1/2 teaspoon salt  
2 tablespoons vegetable oil  
10 fresh curry leaves  
2 teaspoons black mustard seeds

Pinch of asafetida  
One 3-inch-long piece fresh ginger, peeled and finely chopped  
1 medium tomato, finely chopped  
1 (12-ounce) can unsweetened coconut milk  
1 tablespoon tamarind paste  
1 teaspoon freshly ground black pepper



Place the lentils, 4 cups water, turmeric, and salt in a large pot and cook over medium-high heat until the lentils are tender, about 30 minutes, frequently skimming off any foam with a spoon.

In a heavy-bottom pot, heat the oil over medium heat and add the curry leaves, stirring until very fragrant, about 1 minute. Remove 4 leaves and reserve for the garnish. To the oil, add the mustard seeds, asafetida, ginger, and tomato and cook until the tomato begins to dry, about 3 minutes. Add the lentils, 2 1/4 cups water, the coconut milk, tamarind, and black pepper and bring to a boil. Reduce the heat and simmer for another 3 minutes.

Season with salt and serve hot, garnished with the fried curry leaves.

Vikas Khanna

August 2011, Epicurious.com

Originally published in *Flavors First: An Indian Chef's Culinary Journey* by Vikas Khanna

**Do you have a recipe using curry leaf to share?  
Please send it to [Educator@herbsociety.org](mailto:Educator@herbsociety.org)**