Japanese Curry

Prep Time: 2 min.  Cook Time: 10 min.  Yield: 3.5 c. gravy

Ingredients for rice:

➢ 3/4 cup Japanese short grain rice
➢ 1 cup water

Cook rice:
1. Wash rice 2-3 times.
2. Add to a pot with water.
3. Bring to a boil, cover, and lower the heat. Cook for 15 minutes.
4. Take the pot of rice off the heat, and let it rest for 5 minutes. Then fluff with a fork.

Ingredients for curry:

➢ ½ cup Chuck stew meat
➢ Pinch of salt
➢ 1 cup Frozen vegetable medley (corn, broccoli, carrots)
➢ 2 cubes or 2 oz. Japanese curry blocks
➢ 2 cups water
➢ Pickled ginger or radish, garnish

Cook curry:
1. Prepare a medium-sized pot or pan with high sides. Turn on burner to medium high.
2. Cut the chuck into 1 inch square chunks, if not already cut. Season with a pinch of salt on all sides. Brown on all sides, takes about 7 minutes.
3. Add the frozen vegetables. Stir for about a minute until warmed through.
4. Chop up the curry blocks and add to the pot. Stir for a minute until incorporated.
5. Add the water to dissolve the curry and boil for a few minutes to the desired thickness.
6. Serve with ¼ cup of cooked rice and pickled ginger/ radish. Enjoy!

Beginning in China and the surrounding areas, its cultivation spread throughout the world. It is one of the oldest cultivated grains known.

As a nutrition source, rice is abundant in carbohydrates, and low in fat. It contains B vitamins and rice produced in the U.S. has been enriched with nutrients such as folate, iron, and some B vitamins. It is a good source for energy, metabolism, and blood and nerve health.

Rice is also categorized by particular flavors, aromas, and grain length. As an affordable source of starch, it is important to the economy, and is easily accessed and prepared.