



The Good Herb

A monthly newsletter with ideas for
using the bounty of the garden!

August 2012

Grand Shire Farm

9881 Summit Ave. NE, Rockford,
MI 49341, 616-866-1963 or

connie@grandshirefarm.com

Curry Powder

Curry is very misunderstood to many gardeners. There is a plant called curry. It has beautiful silvery leaves and a fine, often lacey foliage. This however is not what is used to make the spice blend curry that we use to cook with. That curry is a blend of many different herbs and spices, along with dried hot peppers.

The combinations are endless of which herbs and spices to use to make a homemade curry blend. Some combinations are quite mild, while others are VERY hot and spicy. Due to the large number of ingredients, curry can be quite expensive to make. I'd share a favorite blend of mine if you'd like to give it a try. It's a wonderful flavor addition to many autumn soups, rice dishes, and much more. I'd also share a couple of my favorite recipes. If you want to make this curry blend, or just try the recipes, Penzey's on Alpine in Grand Rapids is a great source for both the ingredients, as well as a very nice ready to go curry blend that they carry.

Curry Dip

- 1 package (8 oz.) cream cheese
- 1 cup sour cream
- 4 Tablespoons mayonnaise
- 2 Tablespoons chopped candied ginger
- 5 Tablespoons Mango Chutney (Major Grey's variety is always good!)
- 2-3 Tablespoons curry (to taste)

Blend all ingredients and let set overnight for flavors to blend. Serve with crackers or a selection of fruit such as sliced pears, apples, pineapple cubes, and whole grapes.

Homemade Curry Powder

- 1/2 cup whole coriander seed
- 1-3 whole dried hot red peppers (to your taste)
- 5 Tablespoons whole cumin seed
- 1 bay leaf
- 1 Tablespoon whole black peppercorns
- 1/2 teaspoon whole yellow mustard seed
- 2 teaspoons poppy seed
- 1/2 teaspoon whole fenugreek seed
- 2 whole cloves
- 6 green cardamom pods - open and put the small inner seeds in the blend
- 2 inch piece of cinnamon stick
- 3 Tablespoons ground turmeric
- 1 teaspoon ground ginger
- 1 teaspoon ground garlic powder

Roast all ingredients except the last 3 (turmeric, ginger, garlic) on a cookie sheet at 200 degrees for 20 minutes. Cool completely. Add the turmeric, ginger, and garlic.

Using a coffee or herb mill put the spices in, a few tablespoons at a time, and grind the blend until you obtain a fine powder. Store in a glass container in a cool, dry cupboard. For freshest flavor, use within one year.

Curried Chicken Salad in Melon Bowls

- One large rotisserie chicken, cut into cubs
- 1 cup chopped celery
- 1 8 oz. can chopped water chestnuts, drained
- 2 cups seedless red grapes, halved
- 2 oz. slivered almonds
- Dressing:
 - 1 cup mayonnaise
 - 1 Tablespoon lemon juice
 - 2 teaspoons curry powder
 - 1 Tablespoon Mango Chutney (or your choice of chutney)
- Mix salad ingredients together in a large bowl.
- In a separate bowl, combine the dressing ingredients. Stir into the chicken mixture. Serve in muskmelon quarters or over lettuce slices.