

notes from the field

Location: Kambam, India  
 Product Sourced: *Organic Turmeric*  
 The Story: *Mr. Sunny Devasia, a Well Earth® certified partner located in the mountains of the Western Ghats, farms turmeric, ginger, pepper, cloves, coffee, nutmeg, mace, cocoa, coconut and vanilla. Sunny is one of the 793 farmers who finished the Well Earth funded organic training program last fall. About 700-800 farmers in this region supply half our annual organic turmeric volume, and we are working in partnership with them to expand their capacity—so that 100% of our organic turmeric comes from this source in the future. We guarantee a curcumin content of at least 4% in our turmeric.*



**FRONTIER™**  
 NATURAL PRODUCTS CO-OP

1-800-786-1388 [www.frontiercoop.com](http://www.frontiercoop.com)

**NEW LEAF PAPER®**  
 ENVIRONMENTAL BENEFITS STATEMENT  
 of using post-consumer waste fiber vs. virgin fiber

Frontier Natural Products Co-op saved the following resources by using New Leaf Sakura 100, manufactured with electricity that is offset with Green-e® certified renewable energy certificates, 100% post-consumer waste, and processed chlorine free.

trees	water	energy	solid waste	greenhouse gases
15 fully grown	6,493 gallons	11 million Btu	726 pounds	1,416 pounds

Calculations based on research by Environmental Defense and other members of the Paper Task Force.  
 ©2007 New Leaf Paper [www.newleafpaper.com](http://www.newleafpaper.com)

## Curry Spices

If you've ever tasted—or simply smelled—a curry, you know that it's a dish defined by spices. An intricate interplay of ground seeds and grated roots, powdered peppers and colorful threads produce an aromatic, flavorful sauce. (A curry is by definition a sauce or gravy, but think spicy stew or tasty ragout rather than a homogenous liquid to put on mashed potatoes.)

Some of the seasonings you might find in a curry dish:

- Allspice
- Asafoetida
- Cardamom (black and green)
- Cayenne
- Chile peppers
- Chili powder
- Cilantro
- Cinnamon
- Cloves
- Coriander
- Cumin
- Fennel
- Fenugreek
- Garlic
- Ginger
- Mace
- Mustard Seeds
- Nutmeg
- Pepper (black and white)
- Poppy seeds
- Saffron
- Salt
- Star anise
- Turmeric



# spice savvy

## Curries

### Recipes for...

- » Basic-as-Can-be Curry
- » Curried Potatoes

... and more!

**FRONTIER™**  
 NATURAL PRODUCTS CO-OP

[www.frontiercoop.com](http://www.frontiercoop.com)

# Q&A

## My curry is a bit tamer than I'd like it. How can I safely add heat?

The fact that a curry contains a large number of spices doesn't necessarily mean that it's hot. To turn up the heat, simply fry some chili (chopped green or dried red) along with one or two of the other spices in oil for a minute or two, then add them to your curry.

On the other hand, if your curry's too hot, you can add vegetables like sweet potatoes or additional tomatoes, yogurt, or coconut milk to alleviate some heat. You can also try balancing the heat with cumin and/or a little sugar or salt. (And next time reduce or eliminate the chiles.)



## What is curry powder?

A dry, powdered spice mixture, curry powder was developed to replicate the spices used in traditional Indian cooking to make curries. A good quality curry powder is useful for quickly transforming a food—any grain or seafood, for example—into a “curried” dish. When you have more time, though, it's fun to work with an array of spices to develop your own curry blend, reflecting more of your favorite colors, aromas, and flavors and just the right amount of kick to suit your palate.

A curry paste, by the way, is a mixture of freshly ground herbs and spices combined with moist ingredients like shrimp paste. It's often used in Thai dishes and stir-fries.

For delicious curry recipes, visit [www.frontiercoop.com](http://www.frontiercoop.com)

# A World of Curry...

While India comes to mind, curries are popular throughout the world, often spooned over rice, but also served with breads. They're suitable for those who enjoy meats (beef, buffalo, and lamb are traditional), poultry (chicken and duck), a variety of seafood, and vegetarians as well. In fact, endless curries can be made with vegetables (eggplant, potatoes, mushrooms, peas, carrots, cauliflower, green beans, for example) as the mainstay.

Some curries include a souring agent, like vinegar, tamarind, lime, mango, or yogurt. But all typically contain a main ingredient, like a meat or vegetable; a rich stock, thickened by an ingredient that adds flavor as well as body (coconut milk, yogurt, ground seeds or nuts, lentils, sautéed onions); and a great melding of myriad spices.

Each spice is carefully chosen for its individual contribution (taste, aroma, and/or color) as well as its ability to partner with the other ingredients and contribute to an overall effect. Spices are added to a dish in a particular order, according to their perfect cooking times. It sounds exacting, but there's plenty of room for experimentation. In fact, experienced curry cooks say making a curry is an improvisational art.



## Basic-as-Can-be Curry

Use this curry sauce for your choice of chicken, beef, lamb, fish, or vegetables.

6 tablespoons canola oil	¼ teaspoon cayenne pepper
2 medium onions, chopped	4 cups water or broth (beef, chicken, or vegetable)
1 teaspoon garlic powder	4 medium tomatoes, chopped
1-inch piece of ginger, peeled and diced	1 cup chickpeas, cooked or canned
2 teaspoons coriander seed powder	2 cups cooked diced chicken, beef, lamb, fish, or vegetables
½ teaspoon turmeric root ground	½ teaspoon sea salt
1 teaspoon cumin seed powder	fresh cilantro to garnish

Sauté onion in oil in a heavy saucepan until dark brown, about 20 minutes. Add garlic and ginger and fry another minute. Add the coriander and stir for another minute. Add turmeric, cumin, and cayenne pepper and sauté another 30 seconds. Add water and cook for 10 minutes. Add tomatoes, chickpeas, and your choice of meat or vegetables. Stir and cook another 5 minutes. Salt to taste and garnish with cilantro. Serve with rice or pita bread. ~ Serves 4



## Curried Potatoes

The Indian name for this dish—in which potatoes are the perfect counterpoint for strong seasonings—is *Turkari Aloor*.

¼ cup ghee (clarified butter), butter, or vegetable oil	1 teaspoon fenugreek seed powder
½ teaspoon turmeric root ground	1 tablespoon coriander seed powder
1 pound potatoes, cubed	½ teaspoon sea salt
½ teaspoon garlic powder	2 cups yogurt, beaten
¼ teaspoon chili pepper flakes	1 teaspoon cilantro leaf

Melt the ghee in a skillet over medium heat. Add the turmeric and stir for about half a minute. Add the potatoes and fry, turning occasionally, until lightly browned. Add the remaining spices and fry for several minutes, stirring. Add the yogurt to the saucepan, then bring to a boil. Reduce heat to low and simmer until the potatoes are just tender, about 25 minutes. Sprinkle with cilantro just before serving. ~ Serves 4.