



Weekend Passport:

Curry in a Hurry

Ready to Travel the World? Today we are traveling to India.

India is in South Asia. It borders Pakistan, China, Nepal, Bangladesh, and three other countries. Can you find it on a map? India has the second largest population of any country in the world! The third tallest mountain in the world is in India: Kanchenjunga. Parts of India experience heavy rains called monsoons.

Indian cuisine uses a wide variety of spices along with staples such as rice and lentils. Curry is believed to have originated in India, but there are many countries that make variations of curry dishes including many Asian countries and England. Curries can contain meat, fish, or be vegetarian. They also can be wet (with a sauce), or dry, meaning that very little liquid is used. Coconut milk is used in many wet curry recipes that adds a rich, creamy flavor. Curry powder can be found in grocery stores and is a blend of spices typically made of Turmeric, Coriander, Cumin, dried chilies, and ginger. Give it a try and make this delicious Curry in a Hurry with your family! What other Indian dishes have you tried?

Try the Recipe!

Curry in a Hurry

<https://bit.ly/2XnASrU>

Make the recipe yourself and be sure to share your picture on Facebook, Instagram, or Twitter. Tag @chefsantonio and we just might share your photo!

chefs.org

@CHEFSanAntonio

