JAPANESE · DINNER

Vegetarian Japanese Curry with Homemade Roux

130 min · Serves 4 · 667 kcal a serve · Video 10:26 · Just One Cookbook

Vegetarian · No nuts listed

A colourful Japanese curry with eight vegetables and three kinds of mushroom in a homemade roux, with no added sugar: about 13 g fibre a serve and loaded with vitamins A and C.

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Ingredients 25 · SERVES 4

- [ ] 3 tbsp **unsalted butter** (42 g), for the roux
- [ ] 4 tbsp **plain flour** (30 g)
- [ ] 1 tbsp **Japanese curry powder** (6 g)
- [ ] 1 tbsp **garam masala** (6 g)
- [ ] ¼ tsp **cayenne pepper** (optional)
- [ ] 3 tbsp extra **virgin olive oil**, divided
- [ ] 1 **onion** (280 g), cut into wedges
- [ ] 1 **carrot** (85 g), cut into chunks
- [ ] 2 **Yukon Gold potatoes** (260 g), cut into chunks
- [ ] ⅛ **kabocha squash** (140 g, seeded), cut into chunks
- [ ] 1 tsp grated **ginger**
- [ ] 710 ml **vegetable broth** (720 ml)
- [ ] 1 **bay leaf**
- [ ] 1 **Japanese eggplant** (115 g), sliced
- [ ] 1 **bell pepper**, half red and half yellow (220 g), cut into pieces
- [ ] 8 **asparagus spears** (140 g), cut into lengths
- [ ] 4 **king oyster mushrooms** (140 g), thickly sliced
- [ ] ½ pack **shimeji mushrooms** (100 g), separated
- [ ] 4 **button mushrooms** (60 g), sliced
- [ ] 1 tbsp **unsalted butter** (13 g), for the mushrooms
- [ ] **kosher salt**, to taste
- [ ] **freshly ground black pepper**, to taste
- [ ] 1 **apple** (220 g), grated
- [ ] 1 **tomato** (150 g), cut into wedges
- [ ] cooked **Japanese short-grain rice**, about 180 g a serve, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Make the roux: melt the butter, stir in the flour and cook on low 12–15 minutes, stirring, until chocolate-brown. Stir in the curry powder, garam masala and cayenne, then set aside. 1:13
2. In a Dutch oven, sauté the onion, potatoes, kabocha and carrot in 1 tbsp oil, add the ginger, cover and steam on low 15–20 minutes until nearly tender. 4:05
3. Add the broth and bay leaf, bring to the boil, skim, cook 3 minutes, then turn off the heat. 4:47
4. Meanwhile pan-fry the eggplant in 1 tbsp oil until brown, and sauté the pepper and asparagus in the last 1 tbsp oil 6–7 minutes. Sauté the mushrooms in the butter about 4 minutes. Season each with salt and pepper. 5:19
5. Add the cooked vegetables and mushrooms to the pot, keeping a few colourful pieces for the top. Dissolve the roux in ladles of hot broth and stir it back in; simmer gently until thick. 6:31
6. Grate in the apple, adjust the salt, and add the tomato last. Serve over the rice, topped with the reserved vegetables. 7:21

> **Tip** For a vegan version, use plant butter or oil in the roux and for the mushrooms, as the cook suggests. Leftover curry keeps about 3 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
667 kcal	**14 g**	**105 g**
2,790 kJ	28% of a day	92 g net · 19 g sugars 38% of a day

FIBRE	FAT	SODIUM
13 g	**23 g**	**880 mg**
46% of a day	8.8 g saturated 30% of a day	38% of a day

Energy from net carbs 58% · protein 9% · fat 33%

High in (20%+ of a day) Vitamin C 110% · Vitamin A 66% · Vitamin B6 52% · Selenium 46% · Vitamin E 33% · Vitamin K 32% · Folate 31% · Potassium 30% · Magnesium 26% · Zinc 24% · Iron 22%

Source of (10–19%) Omega-3 12%

Recipe and video: Just One Cookbook (@justonecookbook) on YouTube — youtube.com/watch?v=Psol_n4xRTk, published 13 February 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/japanese-vegetable-curry-homemade-roux