



by chef scotty wagner

## The One-Pot Wonderfulness

If you have imagined a life beyond our American materialism and pop tart persuasions, you likely have uncurred at a yoga studio, received some sort of energy work and attempted more than once to swallow down some chilled Kombucha (a fermented tea). It's comfort, it's spicy and yet ever so sexy sweet.

We're not talking about your favorite pair of trousers... No, we're talking Curry folks! A cherished local fair extending from India to Burma and back to Thailand, this is the simplest dish to prepare for a small gathering of villagers whether you have a miniature-Dalmatian-sized apartment or living it up with the luxuries of Miele kitchen appliances. Cooking ethnic cuisine is really much easier than you'd think, but you're going to have to go shopping (try your local SoCal "Ranch 99") so let me give you a very basic Chef Scotty breakdown.

### HERBS & SUCH:

Lemongrass, Thai Basil, Mint, Cilantro, Kefir Lime Leaves, Ginger, Garlic, Chilies

### SPICES:

Turmeric, Coriander, Cumin... well, just get the tub of Madras curry powder and forego this step.

### CURRY:

Mae Ploy Curry Paste comes in tubs labeled: yellow, green, purple or red

### LIQUID:

Vegetable or Chicken Stock, Coconut Milk

### VEGGIES:

Onion, Tomato, Eggplant, Squash, Red Bell Pepper, Sweet Potato, Carrot, Garbanzo Beans

### PROTEIN:

Shrimp, Scallop, Chicken, Duck, Beef, Pork, Lamb (thin slices for the birds and hooves)

### MAKING LOVE IN A POT OF CURRY:

**1.** Fry up about 2-4 tablespoons of the curry paste and at least one quartered onion in 3 tablespoons of canola oil.

(I like to reinforce my curry with some minced ginger, whole garlic clove, Serrano chile and aromatics such as coriander and cumin at this step)

**2.** Add about 3 cups stock and 1 can of coconut milk, let simmer for a good 20 minutes (add crushed lemongrass spears, chopped cilantro stems, kefir lime leaves here if so desired, as well as any of your legumes).

**3.** Add your protein and other veggies.

**4.** Pour over some cooked rice (basmati rice is preferable) and call it a night!

Now that wasn't so painful was it? I guess it depends on how many chilies you dosed your curry sauce with! If it's too thin you can reduce it or add arrowroot (too thin is no bueno). Feel at liberty to Google curry and reinvent your curries with a little more specifics such as the core Indian curries of Rogan Josh with a hit of cardamom, Madras, vinegar and chile spike Vindaloo or Tikka Masala with that 24 Carrot colored Turmeric spiked with lemon juice. Or go the Thai route with fish sauce, mushrooms and critters of the aquatic sort.

**Questions & Concerns:** Check me out on my facebook page or my blog, "The Word of Chi" by Chef Scotty.

