

VEGETARIAN JAPANESE CURRY



COURSE: MAIN COURSE CUISINE: JAPANESE
KEYWORD: CURRY, VEGETARIAN PREP TIME: 30 MINUTES
COOK TIME: 1 HOUR SERVINGS: 4 AUTHOR: NAMI

{Vegan Adaptable} This vegetarian Japanese curry is loaded with thick, meaty slices of king oyster mushrooms and colorful chunky vegetables such as kabocha, eggplant, and asparagus. With homemade Japanese curry roux, this dish is no doubt our family's favorite for a bright and flavorful dinner!



INGREDIENTS

CURRY INGREDIENTS

- 1 onion (280 g, 10 oz)
- 1 carrot (85 g, 3 oz)
- 2 yukon gold potatoes (260 g, 9 oz)
- 1/8 kabocha (without seeds; 140 g, 5 oz)
- 1 knob ginger (Only need 1 tsp)
- 1 bell pepper (half yellow and half red; 220 g, 8 oz)
- 8 asparagus (140 g, 5 oz)
- 1 Japanese eggplant (115 g, 4 oz)
- 4 king oyster mushrooms (140 g, 5 oz)
- 1/2 [shimeji mushrooms](#) (100 g, 3.5 oz)
- 4 button mushrooms (60 g, 2 oz)
- 1 tomato (150 g, 5 oz)

CONDIMENTS AND SEASONINGS

INSTRUCTIONS

1. Gather all the ingredients.

TO MAKE CURRY ROUX

1. In a small saucepan, melt the butter completely over medium heat and then add the flour.
2. Using a silicone spatula, stir to combine the flour and butter. The mixture starts to fuse and swell but becomes more liquid form. Reduce the heat to low and continue to stir for 15 minutes.
3. The mixture will darken to a chocolate color after 12-15 minutes.
4. Then add 1 Tbsp curry powder and mix well.
5. Add 1 Tbsp garam masala and 1/4 tsp cayenne pepper (optional for spicy).
6. Mix well to combine and cook stirring for 20 seconds. Transfer the roux to a bowl and set aside.

TO PREPARE INGREDIENTS

1. Cut the onion in half and then cut each half into 4 wedges.
2. Cut the golden Yukon potatoes into a quarter and soak in water to remove starch.
3. Cut the kabocha into 1 inch cubes.
4. Cut the carrot using the [Japanese rangiri style](#). Grate the ginger (you will need 1 tsp).
5. Cut the bell pepper into small strips.
6. Discard the tough bottom of the asparagus (you can snap easily by holding both ends) and cut them diagonally.

3 Tbsp extra virgin olive oil (divided)

3 cups vegetable broth (or water; 720 ml)

kosher/sea salt (I use Diamond Crystal; Use half for table salt)

freshly ground black pepper

1 bay leaf

1 Tbsp unsalted butter (13 g; For Vegan, use vegan butter or other types of oil)

Homemade curry roux (recipe below)

1 apple (220 g, 8 oz)

HOMEMADE CURRY ROUX

3 Tbsp unsalted butter (42 g; For Vegan, use vegan butter or other types of oil)

4 Tbsp all-purpose flour (plain flour) (30 g; You can use GF flour as well)

1 Tbsp curry powder (6 g)

1 Tbsp garam masala (6 g)

¼ tsp cayenne pepper (1-2 g; omit for mild spicy level)

7. Cut the Japanese eggplant into wedges and soak in water to remove the bitterness and prevent discoloration.

8. Cut off the end of king oyster mushroom stems and cut into 1-2 inch pieces.

9. Discard the bottom of shimeji mushrooms and cut the button mushrooms in half.

10. Cut the tomato into 6 wedges.

TO COOK VEGETARIAN CURRY

1. In a large pot (I used 4.5 QT Dutch oven), heat 1 Tbsp olive oil over medium heat and add the dense vegetables (onion, potatoes, kabocha, and carrot). With a spatula, mix and coat the vegetable with oil.

2. Add the grated ginger and mix. Close the lid and reduce the heat to low.

3. Cook on low heat for 20 minutes (We use the steaming method instead of boiling to keep the ingredient's shape). Once in awhile shake the pot so the bottom of the pot doesn't get burnt. After 20 minutes, insert the skewer and see if the vegetables are 80% cooked.

4. Add vegetable broth and bay leaf. Bring it to a boil and cook for 3 minutes.

5. Skim the scum and foam on the surface. Insert a skewer and once the vegetables are cooked through, turn off the heat.

6. In a large frying pan, heat 1 Tbsp olive oil over medium heat and add the eggplant.

7. Cook the eggplant until nicely brown, about 8-10 minutes, and transfer to a plate.

8. In the same pan, add 1 Tbsp oil and bell pepper and asparagus.

9. Saute the vegetables until tender, about 6-7 minutes. Season with salt and pepper and transfer to the plate.

10. In the same pan, heat 1 Tbsp butter and sauté all the mushrooms, about 4 minutes.

11. Season with salt and pepper and remove from the heat. Set aside.

12. Bring the pot back on the stove over medium heat and bring it to simmer. Remove the bay leaf from the pot (optional). Add the mushrooms to the pot.

13. Add vegetables to the pot and gently mix all together. Tip: I recommend keeping some colorful vegetables for toppings later.

14. Add the small amount of the homemade curry roux to your ladle and let it dissolve completely before releasing it to the broth.
15. Grate an apple and add to the curry (Adjust the amount of sweetness as you like). Mix gently without breaking up the vegetables.
16. Taste the curry (it's very important!). If needed, add more apple and season with salt. Sometimes just a pinch of salt can bring out more flavors.
17. Taste again, and when it's good, add the tomatoes and heat the curry when you're ready to serve.

TO SERVE

1. Put the steamed rice on one side of a plate and pour the curry on the side. Add a few colorful vegetables you saved on top of the curry.

RECIPE NOTES

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