WILDLING TRIBE CHEFS

Vegetable Curry Malaya

In the 19th century, Indian traders brought spices and ingredients to Malaysia. The Malays and Chinese who lived in the area quickly added these spices into their cooking.

Malaysia is a special country because it has yummy food from lots of different countries like China, India, Europe and The Middle East

The Good Bits

Curry contains turmeric, ginger and garlic as well as a lot of spices. These can all be very good for us and help to keep us healthy

- Curry may help prevent and fight cancer
- Curry may help your digestion
- Curry may keep your heart healthy
- Curry may supercharge your immune system
- Eating vegetable curry means you get all the goodness, vitamins and minerals of the vegetables as well!

Food Facts

- There are thousands of different types of curry, and the taste and thickness is different depending where the curry is from.
- Some believe that humans have been cooking curry for as long as 4,500 years. The first curry recipe appeared in an English cookbook in 1747
- Curry powder does not contain any curry leaves!

Chefs' Notes

- Eat this curry with rice or "roti canai" for a real taste of Asia!
- If you find curry too spicy, you can add a bit of sugar or eat it with something cool like cucumber slices, yoghurt or salad. This curry isn't spicy

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What's in it?

- 3 big potatoes cut into 8 pieces each
- 3 carrots chopped into chunks
- 1 onion chopped
- 3 garlic cloves chopped
- any other vegetables you want to add
- 1-2 tablespoons of mild curry powder
- tamarind paste
- 1 tin coconut milk
- white pepper & black pepper
- 1 tablespoon sugar & salt to taste

Equipment

- A knife
- A peeler
- A deep saucepan
- Some cooking oil
- A chopping board
- A big spoon for stirring the curry
- A camp fire or hob if you are indoors

Let's Cook!

1. Chop all the vegetables and make sure they are clean
2. Add oil to the pan and put it on the heat
3. Add curry powder, spices, garlic and onion and stir lots for 1 minute
4. Add 1 cup of water and the tin of coconut milk
5. Add the vegetables and bring to the boil then simmer until vegetables are soft
6. Add salt, pepper, sugar and tamarind paste
7. Cook for another 2 minutes and then enjoy with rice and "roti canai" or paratha

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on 26th February, 2025