

# Curry Leaves



## **PLU - 4909-4923 – HERBS: Other Herbs, retailer assigned**

### **Description/Taste**

Curry leaves are small in size and long, slender, and oval in shape narrowing to a point, averaging 2-4 centimeters in length and 1-2 centimeters in width. The shiny, dark green leaves grow pinnately along a stem, and each branch can hold up to twenty, tightly clustered leaves. Curry leaves are extremely aromatic and have a strong flavor that has been compared to citrus, asafoetida, anise, and lemongrass. When cooked, Curry leaves have a mild and slightly pungent bite with a nutty aroma.

### **Current Facts**

Curry leaves, botanically classified as *Murraya koenigii*, grow on a deciduous tree that can mature to 2-5 meters in height and are part of the Rutaceae family along with citrus and rue. Also known as Kariappilai, Karivepaaku, Kari Patta, and Sweet neem leaves, Curry leaves thrive in tropical and subtropical climates and should not be confused with curry powder. Curry leaves are a fresh herb that comes from the curry tree, while curry powder is a spice mix of seeds, spices, and herbs that have a different flavor altogether. Curry leaves should also not be mistaken for the curry plant, *Helichrysum italicum*, as it is unrelated.

### **Nutritional Value**

Curry leaves provide vitamin A, vitamin B, minerals, amino acids, and alkaloids.

### **Applications**

Curry leaves are best suited for cooked applications such as boiling, steaming, or sautéing. They are commonly incorporated in southern and western Indian cooking and are used similar to bay leaves, although the leaves are edible after they are cooked and do not need to be removed before eating. Curry leaves add a bright flavor to stews, curries, soups, rice dishes, and dals. The leaves are usually stripped from the stem, fried in hot oil with other spices, and either used as a base for making a dish or poured over an already-made dish for flavor. Curry leaves pair well with lentils, yogurt, coconut milk, aromatics such as onions, garlic, and ginger, mustard seeds, chile peppers, oyster sauce, pea shoots, eggplant, pork, and fish. They will keep up to two weeks when stored fresh in a sealed container in the refrigerator and up to six weeks in the freezer.

# Kerala Style Green Chilly and Curry Leaves Flavored Chicken Roast

We are all familiar with ginger chicken, garlic chicken,pepper chicken and chilly chicken. But this is a different Kerala style chicken roast flavored with green chilies and curry leaves.

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Course: Main Dish/Entre

Cuisine: Indian

Servings: 2

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## Ingredients

- Chicken – 1 lb - Cut into medium size
- Mustard seeds - 1/4 Teaspoon
- Coconut bits - 1/4 Cup (Optional)
- Green chillies - 6 - Slitted and slightly crushed
- Curry leaves - 5 Stems - Slightly crushed
- Onion - 1 1/2 Cup
- Ginger - 1/2 Tablespoon - Minced
- Garlic - 1/2 Tablespoon - Minced
- Turmeric powder - 1/2 Teaspoon
- Red chili powder - 1 Tablespoon
- Coriander powder - 1/2 Tablespoon
- Garam masala powder - 1 Teaspoon
- Salt - As required
- Coconut oil - 1 Tablespoon

## Instructions

1. Heat oil in a pan and splutter mustard seeds.
2. Add coconut bits and fry till tight brown color.
3. Add green chillies and curry leaves and fry till light brown color.
4. Add onion, ginger, and garlic and salt and saute till onion become brown.
5. Add turmeric powder, red chili powder, coriander powder, and garam masala powder one by one and saute on low flame until fragrant.
6. Add chicken pieces, saute for a minute and cook in low flame with lid on.
7. When it's done, saute till gravy become thick and dry.