

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Massaman Curry

Page 1 of 2

- 2 shallots, peeled and chopped
 - 2 small carrots, peeled and chopped
 - ½ tsp ground coriander
 - ¼ tsp nutmeg
 - 3 cardamom pods
 - ½ tsp cumin seeds
 - 2 star anise
 - 1 cinnamon stick
 - 1 1/2 tsp ginger, minced
 - 2 garlic cloves, minced
 - 1 tsp. tamarind
 - 4 tbsp red thai curry paste
 - 3 cups coconut milk
 - 5 lime leaves
 - 2-cup vegetable stock
 - 2 tbsp cashew butter
 - 16 green beans, trimmed and chopped
 - ½ head cauliflower, broken into florets
 - ¼ cup roasted raw cashews
 - 2 Yukon gold potatoes, diced
 - 3-4 cups leftover turkey, cut into larger chunks
 - 4 tbsp pure honey
- Rice
- 1 cup forbidden rice
 - 2 tbsp extra virgin olive oil
 - 2 shallots
 - 1 cinnamon stick
 - 2 ½ cup vegetable stock
 - 2 tbsp roasted cashews
 - 1 tbsp parsley, chopped



Recipe courtesy of Chef Collin Goodine
www.chefgoodine.com

Episode #43: Using Holiday Leftovers

Email Lynn with questions or comments at
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Because What You Put In Your Body Matters!

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Cont'd
Page 2 of 2

Method

In a large pot, sauté the onions and carrots, until the onions are just cooked, about 5 minutes. Add the spices, ginger and the garlic and cook for another 5 minutes. Add the thai red curry paste, coconut milk, lime leaves, stock, and cashew butter. Simmer for 5 minutes. Add the beans, cauliflower, potatoes, turkey and honey. Let the sauce reduce until desired thickness. Do not let the potatoes over cook and break up.

For the Rice

Wash and rinse the rice to free the starch. Julienne the shallots and sweat in a small pot with oil. Add the cinnamon stick. Add the forbidden rice until the rice is coated in the fragrant oil. Pour vegetable stock into the pot and stir one more time. Bring to a boil, then turn down to a simmer and cook until the liquid has been absorbed. Fork in the cashews and chopped parsley.

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