



September 2026 : Curry Powder

You won't find any spice labeled "curry" in a South Asian kitchen. So, what is curry powder? And where did it come from?

Curry powder is a dry blend of several ground and toasted spices. It does not come from a single plant. Most cooks agree that the mix almost always features turmeric, cumin, and coriander, alongside many other regional additions such as garlic, ginger and even cinnamon. This makes curry powder a versatile and beloved spice blend.



Curry dates back 4,000 years to the Indus Valley in India. It spread globally during & after the exploration and colonization of India, first by the Portuguese and then by the British. Curry powder was first blended and sold commercially by the British in 1784 to replicate the spicy flavors of the dishes they ate in India.

Culinary uses:

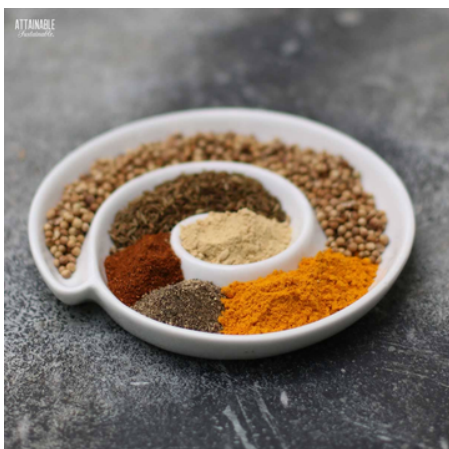
Curry powder is often found in South Asian recipes but can add spicy flavor to almost any dish. Use curry powder to add warm, earthy flavor and a bright golden color to stews, soups, marinades, and snacks.



There are many types of curry powder blends from different regions, with unique flavor profiles and ingredients. The standard yellow blend features more turmeric, Madras blend is spicier with chili peppers, Vadouvan has sweeter tones with more onions and garlic, and the Japanese blend includes nutmeg and citrus peel.

Fun Facts:

- Turmeric gives curry powder its signature bright color that can be so difficult to wash out.
- It's believed that the word curry comes from the word "Kari" - a word from the South Indian state of Tamil - which means to blacken with spices.
- Curry powder has small amounts of fiber, protein, carbs, and fat. Curry powder is generally good for you because it contains a healthy mix of antioxidant-rich and anti-inflammatory spices.



CREAMY, CHEESY GRITS WITH CURRIED POACHED EGGS

Prep: 20 min

Cook: 15 min

Servings: 3-4

Ingredients:

- 2 bacon strips, coarsely chopped
- 2 cups vegetable broth
- ½ cup quick-cooking corn grits
- 1 cup shredded sharp cheddar cheese
- 2 ounces reduced-fat cream cheese
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons white vinegar
- 2 teaspoons curry powder
- 4 large eggs
- Additional shredded cheddar cheese, optional
- 1 to 2 tablespoons minced chives or parsley



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Directions:

1. In a large saucepan, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard drippings.
2. In same saucepan over medium heat, bring vegetable broth to a boil. Slowly stir in grits. Reduce heat to low; simmer, covered, stirring occasionally, until thickened, about 7 minutes. Add cheddar cheese and cream cheese, salt and pepper; stir well. Cover and remove from heat.
3. Place 2-3 in. water in a large saucepan or skillet with high sides. Stir in vinegar and curry powder. Bring to a boil; adjust heat to maintain a gentle simmer. Break each cold egg into a separate small bowl; hold bowls close to surface of water, 1 at a time, and slip eggs into water.
4. Cook eggs, uncovered, until whites are completely set and yolks begin to thicken but are not hard, 3-5 minutes. Using a slotted spoon, lift eggs out of water.
5. Meanwhile, divide grits evenly among 4 bowls. Place 1 egg on top of each serving of grits; top with chopped bacon, and additional shredded cheese desired. Sprinkle with chives or parsley. Serve immediately.

GINGER BUTTERNUT SQUASH BISQUE



Prep: 25 min

Cook: 40 min

Servings: 6

Ingredients:

- 1 medium butternut squash (about 3 pounds)
- 1 tablespoon olive oil
- 2 medium carrots, finely chopped
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 teaspoons minced fresh gingerroot
- 2 teaspoons curry powder
- 1 can (14-1/2 ounces) vegetable broth
- 1 can (13.66 ounces) coconut milk
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups hot cooked brown rice
- 1/4 cup sweetened shredded coconut, toasted
- 1/4 cup salted peanuts, coarsely chopped
- 1/4 cup minced fresh cilantro

Directions:

1. Preheat oven to 400°. Cut squash lengthwise in half; remove and discard seeds. Place squash in a greased shallow roasting pan, cut side down. Roast 40-45 minutes or until squash is tender. Cool slightly.
2. In a large saucepan, heat oil over medium heat. Add carrots and onion; cook and stir until tender. Add garlic, ginger and curry powder; cook and stir 1 minute longer. Add broth; bring to a boil. Reduce heat; simmer, uncovered, 10-12 minutes or until carrots are tender.
3. Scoop flesh from squash; discard skins. Add squash, coconut milk, salt and pepper to carrot mixture; bring just to a boil, stirring occasionally. Remove from heat; cool slightly. Process in batches in a blender until smooth.
4. Return to pan; heat through. Top individual servings with rice, coconut, peanuts and cilantro.

PINEAPPLE SHRIMP FRIED RICE



Prep: 20 min

Cook: 10 min

Servings: 4

Ingredients:

- 2 tablespoons reduced-sodium soy sauce
- 1 teaspoon curry powder
- 1/2 teaspoon sugar
- 2 tablespoons peanut or canola oil, divided
- 1 pound uncooked shrimp (31-40 per pound), peeled and deveined
- 2 teaspoons minced fresh gingerroot
- 1 garlic clove, minced
- 1 medium sweet red pepper, chopped
- 1 medium carrot, finely chopped
- 1/2 cup chopped onion
- 1 can (20 ounces) unsweetened pineapple tidbits, drained
- 2 cups cooked rice, room temperature
- 6 green onions, chopped
- 1/2 cup finely chopped salted peanuts
- Lime wedges

Directions:

1. Mix soy sauce, curry powder and sugar. In a large skillet, heat 1 tablespoon oil over medium-high heat; stir-fry shrimp until they turn pink, 2-3 minutes. Remove from pan.
2. In same pan, heat remaining 1 tablespoon oil over medium-high heat. Add ginger and garlic; cook just until fragrant, about 10 seconds. Add pepper, carrot and onion; stir-fry 2 minutes. Stir in pineapple and shrimp. Add rice and soy sauce mixture; heat through over medium heat, tossing to combine and break up any clumps of rice. Stir in green onions. Sprinkle with peanuts; serve with lime wedges.

SLOW COOKER BUTTER CHICKEN



Prep: 20 min

Cook: 3 hours

Servings: 8

Ingredients:

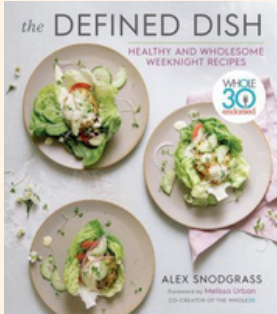
- 2 tablespoons butter
- 1 medium onion, chopped
- 4 garlic cloves, peeled, thinly sliced
- 2 teaspoons garam masala
- 2 teaspoons red curry powder
- 1/2 teaspoon chili powder
- 1 teaspoon ground ginger
- 2 tablespoons whole wheat flour
- 1 tablespoon olive oil
- 1 can (14 ounces) coconut milk
- 1/4 cup tomato paste
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 pounds boneless skinless chicken breasts, cut into 1-inch pieces
- Hot cooked rice
- Optional: Fresh cilantro leaves and naan bread

Directions:

1. Heat a large saucepan over medium-high heat; add butter and onion. Cook and stir until onion is tender, 2-3 minutes. Add garlic, cook until fragrant, about 1 minute. Add garam masala, curry powder, chili powder and ginger; cook and stir 1 minute longer. Add flour. Drizzle in olive oil until a paste is formed. Whisk in coconut milk and tomato paste; cook and stir until combined and slightly thickened, 1-2 minutes. Season with salt and pepper.
2. Using an immersion blender, carefully puree spice mixture. Transfer mixture into a 5-qt. slow cooker. Add chicken; gently stir to combine.
3. Cook, covered, on low until chicken is no longer pink, 3-4 hours. Serve with rice. If desired, sprinkle with cilantro and serve with naan bread.

Check Out These Cookbooks!

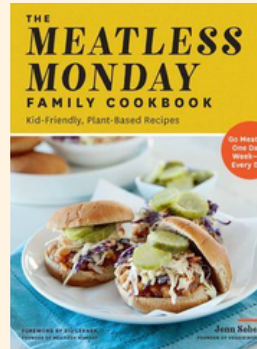
These cookbooks all contain recipes with spices from this month's kit.
Did you know that we have over 350 cookbooks in our collection?
Explore recipes from many different countries and cuisines!



Defined Dish Healthy and Wholesome Weeknight Recipes

Alex Snodgrass

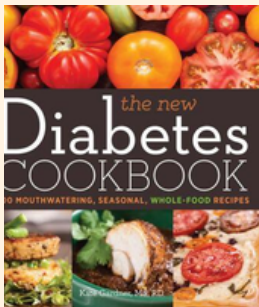
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641.5 SNO



Meatless Monday Family Cookbook

Jenn Sebestyen

Location in Library:
641.563 SEB



The New Diabetes Cookbook

Kate Gardner

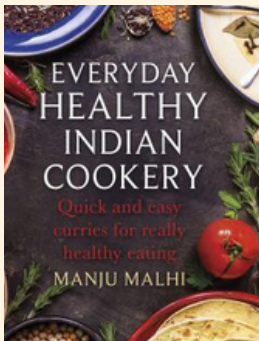
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Seriously Good Freezer Meals

Karrie Truman

Location in Library:
641.615 TRU



Tex-Mex: Traditions, Innovations, & Comfort Food...

Ford Fry & Jessic Dupuy

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Kung Food

Jon Kung

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