

PRESS INFORMATION

CURRY FACTS

What is Curry?

- Whilst a vast majority of us assume that curry is composed of one particular spice, it is actually made up of a mixture of spices commonly referred to as 'curry powder'.
- Curry powder is one of the world's oldest medicinal and cooking mixtures.
- The taste and flavour of 'curry powder' varies widely, largely depending on the region that it comes from. Most people closely associate curry with Indian food, yet different flavoured curry powders can be found in many cultures.
- Often when we think of curry, we typically imagine it to be a bright yellow colour. This is caused by the ingredient turmeric, a very common although not compulsory ingredient. It was used by Hindu warriors, who smeared it on their faces as a symbol of self-sacrifice.
- The most common ingredients used in a curry include chillies, cinnamon, cardamom, cumin, nutmeg, cloves, coriander, mace, fenugreek, fennel seed, sesame seeds, red pepper, black pepper, poppy seeds, tamarind and saffron.
- Curry spices are so versatile that they can be used with a surprisingly huge range of other foods. Curry spices go well with meat, chicken and seafood and can be used in soups, stews, casseroles, on vegetables and even on fruit.