

National Curry Week

As it's the 25th National Curry Week, let's talk about curry! It was established to celebrate the diverse and flavourful world of curry while also raising awareness about South Asian cuisine and culture. The campaign's charitable aspect has helped support various causes over the years, making it a meaningful culinary celebration.

In the past week Hartlepool school students were tasked to carry out some research to find a quick and simple easy curry recipe as part of their food technology lesson. Students were quite surprised to find that Greek yoghurt is a key ingredient in a lot of curries, so we made the decision to use a recipe with this in.

While cooking students tasted a lot of foreign spices and tried a coriander herb which they used in the flavouring also used to garnish to get that perfect photo finish. Most students said they enjoyed tasting the different spices and said that the coriander herb tasted like mint. The majority of our students say they don't like onion but after tasting it in the curry they said they would eat it again...happy days! The really fun part was the taste testing as there were ranges of mild, medium and hot curries made, some found the mild/medium heat were enjoyable to the pallet, others enjoyed the hot one sharply followed by a glass of ice-cold milk!



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