

# Appalchia Deer Curry with Indian Flat Bread

“A Fusion delight”

## Ingredients

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**6 SERVINGS**

### RAITA

English cucumbers	2
Kosher salt	
garlic clove	1
cup plain whole-milk yogurt	½
cup plain whole-milk Greek yogurt	½

### CURRY

tablespoon all-purpose flour	1
tablespoon potato starch or cornstarch	1
tablespoons vegetable oil	3
Pounds deer, cut into ½–1-inch pieces	2
Kosher salt, freshly ground pepper	
medium onions, chopped	3

apple, peeled, grated	1
tablespoons mirin	3
tablespoon finely chopped peeled ginger	1
garlic cloves, finely chopped	2
tablespoons curry powder (such as S&B)	3
tablespoons kuro sato (Japanese black sugar) or 1 tablespoon granulated sugar plus ½ teaspoon robust-flavored (dark) molasses	2
tablespoon garam masala	1
tablespoon soy sauce	1
cups low-sodium chicken broth	4
kabocha squash, peeled, seeded, cut into ½-inch pieces	½
large Yukon Gold potato, scrubbed, cut into ½-inch pieces	1
large carrots, peeled, cut into ½-inch pieces	2
Steamed white rice (for serving)	

## Preparation

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### RAITA

#### Step 1

Slice cucumbers in half lengthwise, scrape out seeds with a small spoon. Slice cucumbers into very thin half moons. Toss in a small bowl with a few pinches of

salt. Let sit until salt begins to draw out water from cucumbers, about 5 minutes. Massage cucumbers to release liquid, gently at first to keep them from breaking, then more vigorously as they start to expel water. Rinse in several changes of water, squeeze out excess liquid, and place in a clean small bowl.

## **Step 2**

Mash garlic and a pinch of salt on a cutting board with the side of a chef's knife to a paste. Mix into cucumbers along with both yogurts; season with salt.

## **CURRY**

### **Step 3**

Mix flour, potato starch, and 2 Tbsp. water in a bowl. Set slurry aside.

### **Step 4**

Heat oil in a large heavy pot over medium-high. Season deer with salt and pepper. Working in 2 batches, cook deer, turning occasionally and reducing heat if needed, until browned on all sides, 6–8 minutes per batch. Add onions and apple and cook, stirring occasionally, until onions are soft, 12–15 minutes. Add mirin, ginger, and garlic and cook, stirring occasionally, until very fragrant, about 5 minutes. Add curry powder, kuro sato, garam masala, soy sauce, and broth. Bring to a boil; reduce heat and simmer until deer is almost tender, 30–40 minutes.

### **Step 5**

Add squash, potato, and carrots, cover, and cook, adding water by ¼-cupfuls if needed to keep vegetables submerged, until tender, 20–30 minutes.

### **Step 6**

Submerge a small sieve into curry and whisk reserved slurry into liquid in sieve to combine. Return curry to a boil; reduce heat and simmer until thickened, 8–10 minutes. Serve over rice topped with raita.

## Step 7

**Do Ahead:** Curry can be made 3 days ahead. Let cool, then cover and chill.

## Indian Flat Bread

### Ingredients

- 2 cups bread flour or all-purpose flour (I have used both and can't tell the difference)
- 1 teaspoon salt
- 2 tablespoons melted butter
- 2/3 cup water
- lots more butter, for frying

### Instructions

1. In a large bowl, sift or whisk together flour and salt. Add melted butter and mix in with a fork until flour is crumbly. Mix in water until the dough pulls together. Turn dough out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. (I do all this in my stand mixer.) Cover and set aside for 45 minutes. (I have tried this with and without resting the dough and cannot tell a difference.)
2. Divide dough into six equal parts. Form each part into a round. Roll out each round as thinly as possible; dust with flour if necessary to keep from sticking. (You seriously want to roll these out super-duper thin. Another tip: do not roll these out all at once and stack them with wax paper in between. It will stick to the wax paper and then you will want to tear your hair out. If you want to roll them all at once, spray wax paper with nonstick-spray, then stack.)

3. Set a griddle to high heat, or if you are using a frying pan, set the stove a couple notches above medium heat. When the pan is hot, use a spatula to spread about a half teaspoon or so (eyeball it) of butter on the pan. The butter should melt immediately. Transfer very thin roti dough to the pan. Wait about 6 or 7 seconds, then flip the roti over. You may need to add more butter; if there is not enough, the roti will not be soft. Roti will cook in 30 to 50 seconds. You will know it is done when light brown spots appear on the side that is cooking. Flip the roti back to the original side (using more butter) just until the brown spots appear.