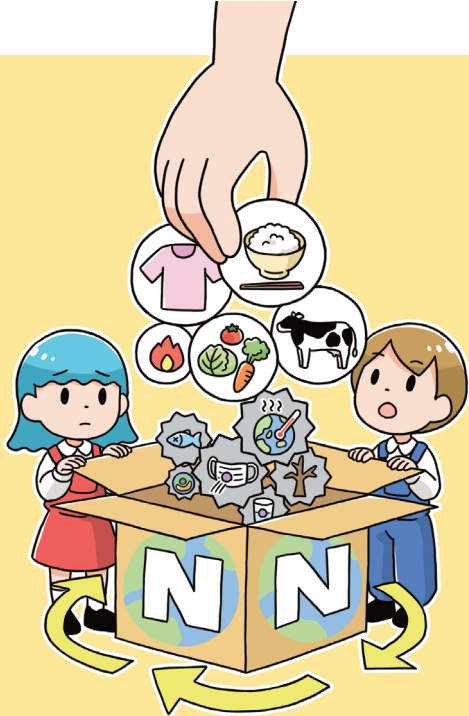




Curry Recipe Book

Nitrogen & The Environment :
Earth-Friendly Recipes

Curry with Thinly Sliced Beef Meatball

Thinly sliced beef is cost-effective and cooks quickly, which also means lower fuel consumption. Using ready-made curry roux keeps this recipe simple and stress-free. Start with the basics, explore with spices.



Ingredients (Serves 6)

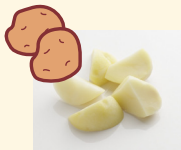
250 g thinly sliced beef
A pinch of salt and pepper
1 tsp flour (3 g)
1½ onions (300 g)
1 potato (150 g)
1/2 carrot (100 g)

2 tsp vegetable oil (8 g)
750 mL water
About 100 g curry roux
2 tsp oil for browning the beef (8 g)



●Instructions

1. Prep the vegetables: Cut the onion, potato, and carrot into bite-sized pieces.



2. Prep the beef:



Spread out the beef slices as much as possible. Season with a pinch of salt and pepper.



Lightly sprinkle with flour.



Divide the beef into 12 portions and shape them into small meatballs.



Heat oil in a frying pan and brown them on both sides.

3. Sauté and simmer: Heat vegetable oil in a pot and sauté the vegetables for about 5 minutes. Add water and bring to a boil. Reduce the heat and simmer for about 20 minutes until the vegetables are tender. Add the beef meatballs to the pot.
4. Finish the curry: Turn off the heat and add the curry roux. Stir until completely dissolved. Return to low heat and simmer, stirring occasionally to prevent sticking, until the curry thickens.

Energy

738.7kcal

Protein

16.9g

Nitrogen Footprint

39.8gN

Kitchen Tip: How Much of a Vegetable Can We Eat?

When preparing vegetables, we often peel them or remove seeds.

However, many vegetables, including carrots, daikon radish, and Japanese yam, can be eaten with their skins. Even bell pepper seeds are perfectly edible!

Reducing unnecessary trimming is a simple way to reduce food waste.

Healthy Fried Tofu Curry

Removing excess oil from fried tofu (*abura-age*) allows flavors to soak in more easily. This simple step can also significantly reduce the calorie content of the dish.

Ingredients (Serves 6)

2 sheets *abura-age* (fried tofu) (120 g)

Salt and pepper, to taste

1½ onions (300 g)

1 potato (150 g)

1/2 carrot (100 g)

2 tsp vegetable oil (8 g)

750 mL water

About 100 g curry roux

2 *Kujo* green onions (48 g)



●Instructions

1. Prep the fried tofu: Place the fried tofu in boiling water until softened, then remove and drain. Alternatively, place it in a colander and pour boiling water over it to remove excess oil.
2. Cut the ingredients: Cut the onion, potato, carrot, and fried tofu into bite-sized pieces. Slice the *Kujo* green onions diagonally.
3. Sauté and simmer: Heat vegetable oil in a pot and sauté all ingredients (except the green onions) for about 5 minutes. Add water and bring to a boil. Reduce the heat and simmer for about 20 minutes until the vegetables are tender.
4. Finish the curry: Turn off the heat and add the curry roux. Stir until completely dissolved. Return to low heat and simmer, stirring occasionally, until the curry thickens. Add the *Kujo* green onions at the end and cook briefly until they are softened.

Energy

533.9kcal

Protein

12.1g

Nitrogen Footprint

39.8gN

No-Cook *Okara* Salad

Using *okara* (soy pulp) is also a great way to reduce food waste.

Ingredients (Serves 4)

- 160 g *okara*
- 6 cm cucumber (about 30 g)
- 2 slices ham (26 g)
- 8 cherry tomatoes (54 g)
- 4 Tbsp mayonnaise (56 g)

●Instructions

1. Cut the ham into 1.5 cm cubes. Cut the cherry tomatoes in half (or into quarters if large). Thinly slice the cucumber.
2. Mix the *okara* and mayonnaise well. Add the ham, cucumber, and tomatoes and stir together.

You can also replace the mayonnaise with your favorite salad dressing.



Energy

150.3kcal

Protein

4.1g

Nitrogen Footprint

2.9 g N

School Lunch Favorite!

Fruit Yogurt

Ingredients (Serves 4)

- 200 g yogurt
- 2 bananas (300 g)
- 1 can mixed fruit cocktail
- 2 Tbsp sugar (18 g)

●Instructions

1. Slice the bananas to your preferred thickness.
2. Mix the yogurt and sugar thoroughly.
3. Add the mixed fruit and banana slices.



Energy

125.9kcal

Protein

2.9g

Nitrogen Footprint

4.5gN

Understanding Food and Nitrogen

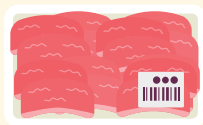
Energy

Energy is the ability to do work. In the context of nutrition, it refers to the energy that food provides to support life and daily activities. The main nutrients that provide energy are protein, fat, and carbohydrates. However, eating too much can lead to weight gain.



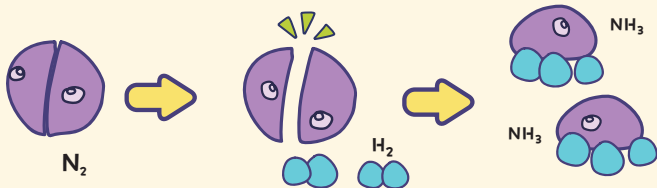
Protein

Proteins are built from amino acids, and every amino acid contains nitrogen. Protein is an essential nutrient that builds our muscles, skin, and organs. It is also the foundation of enzymes that produce energy and sustain vital body functions.



Nitrogen

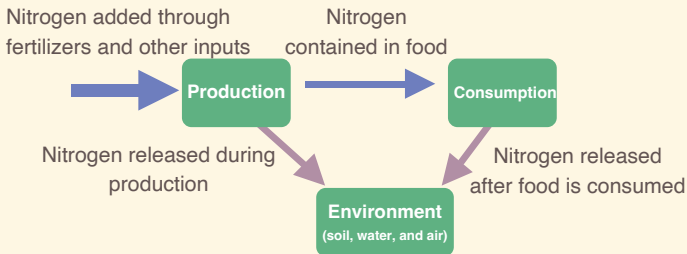
About 80% of the air around us is nitrogen gas (N_2). Although N_2 is abundant, it is chemically stable and cannot be used directly as food by plants or humans. When it is converted into other nitrogen compounds, such as ammonia or nitrate, it can be used as fertilizer for plant growth. Today, nitrogen fertilizers play an important role in producing crops and livestock.



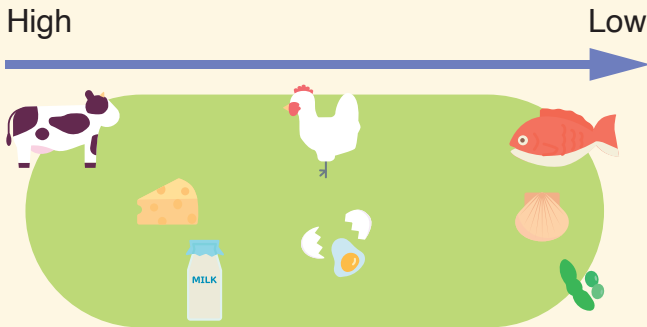
Nitrogen Footprint

A footprint is a measure of our impact on the environment. Smaller footprints are generally better. The nitrogen footprint represents the total amount of nitrogen released to the environment throughout the production, transportation, and consumption of food.

How Nitrogen Moves Through the Food System



Nitrogen Footprints of Foods



*The values shown for energy, protein, and nitrogen footprint in each recipe are given per serving.

Research Institute for Humanity and Nature



Sustai-N-able Project

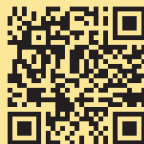
Towards Sustainable Nitrogen Use
Connecting Human Society and Nature

Project Website



<https://www.chikyu.ac.jp/Sustai-N-able/>

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