

HISTORIC TASMANIAN PANTRY STAPLE



In the 1860s a Tasmanian brand of curry powder, Keen's, became a staple in the pantries of Australia, including the house where I grew up in Queensland! Joseph Keen migrated from England to Tasmania in the 1840s and in the 1850s he ran a bakery in Kingston (about 45 minutes north of Eggs & Bacon Bay) with his wife Annie where they produced a range of sauces & condiments. Their award-winning curry powder became known throughout the colony & internationally & was a blend of turmeric, coriander, salt, fenugreek, black pepper, chilli, rice flour, allspice & celery, & most of the ingredients were imported.



In 1905 there was public uproar over the Keen's Curry sign made of white rocks forming letters over 15m high constructed on land in the foothills of Mt Wellington. The sign was changed in 1926 to read 'Hell's Curse' as a University prank & can still be seen today in South Hobart.

Part of Keen's legacy is the scallop pie, today known as a local Tasmania seafood delicacy with its fresh scallops & creamy curried sauce filling. **Jacky's Café** in Cygnet is famous for Jacky's award-winning scallop pies. Although her recipe is a trade secret, my bet is that Keen's curry is one of the reasons why people travel far & wide to get this Tassie signature dish!



BBQ Salmon with Coriander Curry Butter serves 4 – prep time 10 minutes - cook time 10 minutes. Tasmania seafood at its best!



Coriander Curry Butter

- 1 tsp KEEN'S Traditional Curry Powder
- 90 g butter, softened
- 1 clove garlic, crushed
- 1 tbsp finely chopped fresh coriander from the herb planter in the garden

Salmon

- 2 tsp KEEN'S Traditional Curry Powder
- 1 tbsp vegetable oil
- 4 salmon fillets, pin-boned (or firm white fish fillets)
- sea salt or Kunzea Pepperberry sea salt in Three Beaches pantry
- 1 tbsp coriander

Curry butter - cook KEEN'S Curry in a small dry frying pan until fragrant, remove from heat. Combine curry, butter, garlic & coriander in a small bowl. Refrigerate or freeze until just firm. Salmon - combine the KEEN'S Curry Powder & oil in a small bowl, brush salmon with this mixture & season with sea salt. Cook salmon on your pre-heated, HOT Weber BBQ, turning once until browned on both sides (salmon is best served a little under cooked in the centre). Serve salmon topped with curry butter & vegetables or salad. Tasmania seafood cooking tips - <https://dipwwe.tas.gov.au/sea-fishing-aquaculture/community-resources/cooking-fish>

Cauliflower, White Bean & Coconut Curry serves 4 – prep time 15 minutes - cook time 30 minutes. Makes a medium heat curry



- 1 tbsp (20 mL) olive oil
- 1 onion, cut into thin wedges
- 2 tbsp KEEN'S Traditional Curry Powder
- 1 garlic clove, finely chopped
- 1 small head cauliflower chopped, or use pumpkin or any seasonal veg!
- 250g punnet cherry tomatoes, halved
- 1 x 400 g can cannellini beans or chick peas, rinsed & drained
- 1 cup vegetable stock
- 1 x 270 mL can coconut milk
- Sea salt or Kunzea Pepperberry sea salt (Three Beaches pantry item)
- Black pepper or 1 tbsp chopped Tasmanian pepperberries
- cooked rice & fresh coriander to serve

Heat oil in a large sauce pan over medium heat, add onion & cook for 3-5 minutes or until softened. Add KEEN'S Curry Powder, garlic & cauliflower & cook, stirring until spices are fragrant.

Add stock & beans, bring to the boil. Reduce heat & simmer for 5 minutes or until cauliflower is tender. Stir in coconut milk & tomatoes. Season to taste with sea salt (or Kunzea Pepperberry sea salt seasoning).

Serve with cooked rice & coriander. Tip – add 500g pan-fried chicken pieces with the stock to convert to a delicious chicken & veg curry!

Bon Appetit!

