

Low-Sodium Japanese-Style Curry Roux

Additional information of Japanese curry roux

This homemade curry roux recreates Japanese curry flavor while drastically reducing sodium.

Use for curry rice, katsu curry, vegetable curry, or curry udon.

Ingredients

(Makes about 120-130 g total roux = 8T)

Comparable to ½ of a standard Japanese curry roux box)

- 1½ T unsalted butter
- 1½ T all-purpose flour
- 1½ tsp curry powder
- ½ tsp garam masala
- ¼ tsp turmeric
- ⅛ tsp cinnamon
- ⅛ tsp nutmeg
- ½ tsp sugar or grated apple
- ½ tsp Worcestershire sauce
- ½ tsp low-sodium soy sauce
- Black pepper



Method

1. Melt butter over medium-low heat.
2. Add flour and cook 3–4 minutes (light blond roux).
3. Stir in spices; bloom briefly.
4. Add sugar, Worcestershire, soy sauce, and pepper.
5. Cool and store refrigerated up to 1 week or freeze portions.

Usage Guide

- Mild curry: 2 T roux
- Standard curry: 3 T roux
- Thick curry: 4 T roux

Whisk roux with hot broth before adding to pot.

Nutrition (per tablespoon)

Kcal: ~55 | Fat: 4 g | Carbs: 4 g | Sodium: ~60 mg

Curry size	Roux needed	Result
2 servings	3–4 T	Light but clearly “curry”
4 servings	5–6 T	Standard Japanese home curry
4 servings (thick)	7–8 T	Box-style thickness
5–6 servings	Full batch (8 T)	Normal Japanese family pot

- **One batch = one normal curry**
- Or **two smaller 2-person meals**
- Or **one thicker curry + a little left over**

“Mild / Standard / Thick” usage guide

Mild (3–4 Tbsp)

- More like curry soup / curry stew
- Great for:
 - Chicken thigh curry
 - Summer curry
 - Curry udon base
- Lets rice absorb some sauce without turning gluey

Standard (5–6 Tbsp)

- The **Japanese default**
- Sauce coats rice but still flows
- Closest to:
 - Vermont Curry (middle setting)
 - Java Curry “medium”
- What I’d recommend **90% of the time**

Thick (7–8 Tbsp)

- Boxed-roux nostalgia zone
- Heavier mouthfeel
- Better for:
 - Katsu curry
 - Leftovers that will be reheated
- Still **far less salty** than packaged roux

Storage & reuse (important)

Because this is flour-based fat:

- **Fridge:**
 - 1 week, tightly covered
- **Freezer (best):**
 - Portion into **1 Tbsp or 2 Tbsp blobs**
 - Freeze flat
 - Pull exactly what you need

This makes it behave very much like:

- frozen curry cubes
- frozen demi-glace portions

Bottom line

- ✓ One batch = **one 4-serving curry**
- ✓ Flexible thickness by design
- ✓ Much lower sodium than boxed roux
- ✓ Easy to portion for 2-person cooking