

Spinach/Potato Masala Curry



East Indian food will dance before your eyes and on your taste buds tonight. Homemade Marinated Grilled Tofu anchors a curry of chopped spinach, boiled potatoes and browned mushrooms. It's seasoned with your own homemade Masala Curry Spice Mix. A piece of warmed Naan accompanies the curry while a cooling Cucumber/Tomato Salad finishes the plate.

Thaw a 16 oz. block of frozen ultra-firm tofu this morning. Use the recipe in [Tips and Time Savers](#) for "Marinated Grilled Tofu." You may also substitute commercially made "Savory Flavored Baked Tofu" as an option.

Preparation time: 40 minutes - Servings: 4

Make
Marinated Grilled Tofu
During the Day Today

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients so they are easy to add. Prep a total of 1 C. chopped sweet onion: 3/4 C. for Spinach/Potato Curry and 1/4 C. finely-chopped for Cucumber/Tomato Salad. Prep a total of 2-1/2 C. chopped tomatoes: 1 C. for the Spinach/Potato Curry and 1 -1/2 C. for the Cucumber/Tomato Salad.

Masala Curry Spice

- 2 T. coriander seeds
- 1 T. cumin seeds
- 1 T. whole black pepper corns
- 1 tsp. fennel seeds
- 1/4 tsp. whole cloves
- 1 cinnamon stick
- 1/2 tsp. red pepper flakes

- 2 T. ground turmeric
- 1/2 tsp. ground ginger

Cucumber/Tomato Salad

- 1-1/2 C. cucumber (peeled and chopped)
- 1/4 C. sweet onion (finely-chopped)
- 1-1/2 C. tomato (chopped)
- 3 T. fresh parsley (chopped)

- 1/4 C. plain, nonfat yogurt
- 2 T. rice wine vinegar

Spinach/Potato Curry

- 3 medium Yukon Gold potatoes (peeled and cut into 1" pieces)

- 1 tsp. olive oil
- 10 Crimini mushrooms (washed and sliced)
- 1 tsp. olive oil
- 2 cloves garlic (smashed and chopped)
- 3/4 C. sweet onion (chopped)
- 6 C. baby spinach (washed and chopped)
- 1/2 tsp. grated fresh ginger
- pinch of salt
- 1 T. homemade Masala Curry Spice
- 1/3 C. low-sodium vegetable broth

- 4 pieces Marinated Grilled Tofu
- 1 C. tomato (coarsely chopped)

Naan and Garnish

- 2 pieces Naan (warmed)

Garnish:

- 1/4 C. green onions (chopped stems and bulbs)
- 1 lime (cut into quarters)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

As you make the homemade Masala Curry Spice, be sure to open windows in the kitchen and turn on the kitchen fan. I even wear a KN95 mask. The spices give off a strong off-gas as they're toasting on the stovetop.

Masala Curry Spice

1. Combine coriander, cumin, peppercorns, fennel, clove, cinnamon stick and pepper flakes in a shallow sauté pan. Stir over medium-high heat until you begin to smell the toasty aroma and see some slight color change. Remove from heat and let cool.
2. Place in a spice grinder, or an old coffee grinder, and grind fine. You may also use a mortar and pestle to grind by hand.
3. Mix ground turmeric and ginger into the ground toasted spices.
4. Store in a small jar with a tight-fitting lid. It does not require refrigeration.

Cucumber/Tomato Salad

1. Toss prepped cucumber, chopped onion, tomato and parsley in a medium-sized serving bowl.
2. Stir yogurt and vinegar together and pour over cucumber mixture. Toss until well coated.
3. Set aside until ready to plate.

Naan

Wrap naan in foil and place in a warm 200° oven while you make the meal.

Spinach/Potato Curry/Plate

Spinach/Potato Curry:

1. Place chopped potatoes in 2 C. salted boiling water for about 7 minutes or until tender. Drain and rinse.
2. Brown sliced mushrooms in olive oil in a deep saute pan. Remove from pan and set aside.
3. Add additional olive oil to pan and toss garlic and onion until onion begins to brown.
4. Add boiled potatoes and chopped spinach to the pan and toss briefly.
5. Return browned mushrooms to the pan and add ginger and salt. Mix 1 T. Masala Curry Spice and broth in a small bowl and pour over ingredients in pan. Toss about 2 minutes.
6. Break up Marinated Tofu squares and add tofu pieces to spinach/potato mixture. Toss well and remove from heat.
7. Add tomatoes, toss a final time and serve.

Plate:

Spoon 2 C. Spinach/Potato Curry onto individual dinner plates and garnish with chopped green onions. Place one quarter of a lime on each plate. Instruct diners to squeeze a little fresh lime-juice over the top of their curry.

Spoon 3/4 C. cucumber salad next to the curry and serve with warm naan.

What I've Learned from this Recipe

Remember, "Curry" is a non-specific reference to a spice combo. It can be any combination of spices and herbs that you wish to use. Tonight's flavor combination works well for this dish.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com

