

Cauliflower/Potato Curry

A terrific flavor burst is in store tonight. This satisfying mix of savory, citrus and spicy cauliflower/potato curry puts flavor and freshness on one plate. There's a little extra texture with the addition of peas at the end of the cooking process.

The homemade Masala Curry Spice Mix used for seasoning this dish will really light up your taste buds.

Preparation Time: 45 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Be sure to prep ingredients so they're easy to add. There are two different preps for onions tonight: Prep 1 C. chopped yellow onion for the curry and 2 chopped green onions for the cucumber salad. You'll have leftover Curry Spice Mix for another day.

Masala Curry Spice Mix

2 T. coriander seeds
1 T. cumin seeds
1 T. whole black pepper corns
1 tsp. fennel seeds
1/4 tsp. whole clove
1 cinnamon stick
1/2 tsp. red pepper flakes
2 T. ground turmeric
1/2 tsp. ground ginger

Cucumber Salad

1/2 C. plain nonfat yogurt
1 T. rice wine vinegar
1/2 tsp. granulated sugar
2 green onions (chopped)
1 cucumber (peeled, and chopped)
2 T. curly parsley (chopped)
1/2 C. chopped Roma tomato

Cauliflower/Potato Curry

2 tsp. olive oil
2 cloves garlic (smashed and chopped)
1 C. yellow onion (chopped)
3/4 C. celery (chopped)

1/2 C. white wine
1-1/2 C. low-sodium veggie broth
1/2 large head cauliflower (that's about 3 C. washed and chopped into 1" pieces)
3 medium red potatoes (cut into 1-1/2" pieces)
2 tsp. low-sodium soy sauce
1-1/2 T. homemade Masala Curry Spice
1 tsp. honey

1 can garbanzo beans (drained and rinsed)
2 T. cornstarch dissolved in
1/3 C. water
3/4 C. frozen peas
2 rounds pita bread or naan

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Prepare the curry mix first. Turn on the exhaust fan over your range as you start the process. If you have a face mask, put it on. You might also want to open a window. Without proper ventilation during the stovetop browning process, the spices will throw off gasses that may make you choke.

Masala Curry Spice Mix

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 the ground turmeric and ginger into the ground spices and transfer to a small jar with a tight-fitting lid and store. It does not require refrigeration.

Cauliflower/Potato Curry

1. Using a high-sided pan or soup kettle, toss oil and garlic, onion and celery over medium-high heat until onion begins to turn translucent.
2. Add wine, broth, cauliflower, potatoes, soy sauce, 1 -1/2 T. of the homemade Masala Curry Spice and honey. Bring to boil and cook 10 minutes.
3. Add drained garbanzo beans. Return to a boil. Thicken curry sauce with cornstarch and water mixture. Cook another 10 minutes over low heat.
4. Add frozen peas to curry and return to a boil. Turn off heat and let it rest.

Cucumber Salad/Serve the Meal

1. Combine yogurt, vinegar and sugar in a medium-sized bowl. Stir well. Add green onions, cucumber, parsley and chopped tomato. Toss and let stand until ready to dine.
2. Place a couple of pieces of pita bread between two plates and warm for 30 seconds in the microwave.

Serve the Meal:

Ladle about 2 C. cauliflower/potato curry onto individual dinner plates and flank with 1 C. cucumber salad. Serve with warmed pita bread.

What I've Learned from this Recipe

We call it cucumber salad. In India this refreshing and cooling side dish is called a kachumber. Offering a kachumber as part of a meal in India is very commonplace. Kachumbers can be made with an infinite variety of fruits and vegetables.

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