

Cauliflower/Potato Curry

According to Priya Krishna, the author of the splendid cookbook, “Indian (-ish)”, there is no such thing as curry.

Curry, as we know it, is a collision of many cultures. Portugal, Japan, Britain and India all played a part in this culinary invention. In the Western world, the word “curry” is a catch-all word describing a certain kind of spicy sauce.

What a terrific flavor burst is in store tonight! This sassy “curry” sauce is a mixture of savory, citrus and spicy. Cauliflower, potato, celery, Onion, and peas provide the interesting mix of textures and flavors.

Preparation Time: 45 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Be sure to organize ingredients so they’re easy to add. There are two different preps for onions tonight: per 1 C. chopped yellow onion for the Cauliflower/Potato “Curry” and 3 sliced green onions for the Cucumber Salad. You’ll have leftover “Curry” Spice Mix for another day.

“Curry” Spice Mix

- 2 T. coriander seeds
- 1 T. cumin seeds
- 1 T. whole black peppercorns
- 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
- 3 green onions (chopped)
- 1 cucumber (peeled, and chopped)
- 2 T. curly parsley (chopped)

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 or 3 C. cauliflower (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 Curry Spice Mix
- 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 Spice 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. The spices will throw off gasses as you brown them that may make you tear up or choke without proper ventilation. Once spices are toasted, ground and mixed, continue assembling the meal.

"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, or 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 soup pan or 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 Curry Spice Mix 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 and Serve the Meal

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

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 have! chezdon@plate6.com