

Mixed Vegetable Curry

serves 6–8

A satisfying mixed vegetable curry. Use whatever vegetables you have on hand in addition to onions, carrots, and potatoes. This is an aromatic, attractive, and substantial side dish. Serve with rice, beans, and your favorite Indian bread.

1 tsp. cumin seeds
1 tsp. coriander seeds
1/2 tsp. fennel seeds
3 T. mild oil and/or ghee
1 cinnamon stick
2 cardamom seeds
3 cloves garlic
2 T. minced ginger
1/4 tsp. turmeric
1/4 tsp. cayenne
1 tsp. salt

2 cups coconut milk
1 1/2 c. onion, 1/4" half strips
2 c. potatoes, 1 1/2" chunks
1 c. carrot, diagonal 1/4" rounds
1 c. cabbage, 1/4" shreds
2 c. cauliflower, small florets
1 1/2 c. green beans, trimmed
1 1/2 c. tomato, 3/4" chunks OR
1 c. canned crushed tomato
1/2 c. snow peas, cut in half

Place the cumin, coriander, and fennel seeds in a small fry pan and place on medium high heat. Toast until they start to pop, about 1 minute. Set aside. Heat the oil and/or ghee in a large fry pan or wok over medium high heat. Add the cinnamon stick and cardamom seeds and fry for one minute. Remove and discard. Add the garlic and ginger and sauté for 2 minutes. Add the turmeric, cayenne, salt, coconut milk, and onion and sauté for 6–8 minutes, until the onion is translucent and soft. Add the potato and sauté for 8 minutes. Add the carrot and sauté for 2 minutes. Add the cabbage, cauliflower, and green beans and sauté for 5 minutes, stirring occasionally. Add the tomato and snow peas and sauté for an additional 4–5 minutes, until the peas are crispy but beginning to soften. Feel free to add any tender greens during the last couple of minutes; it will add nice color and a broader flavor profile. Taste and adjust the seasoning to suit your taste.