



Vegetable Kurma

By Refettorio Harlem's Culinary Manager Elizabeth

Portion: Serves 8

INGREDIENTS

FOR THE CURRY PASTE

- 1/4 cup coconut milk
- 1 tsp fennel seeds
- 1 tsp toasted yellow split peas
- 1/2 tsp black peppercorns
- 2 cloves
- 10 cashews, soaked
- 1 green bird's eye chilies, this can be subbed with a serrano chili or jalapeno
- 3 cloves garlic, minced
- 1 1/2 tbsp minced ginger
- 1/2 cup water
- 2 tbsp chopped cilantro stems or a mix of leaves and stems

METHOD

FOR THE CURRY PASTE

Blend all ingredients into paste using a high powered blender or a food processor and reserve.

FOR THE CURRY

Heat ghee or oil in a heavy bottomed pot.

Add cumin seeds, brown mustard seeds, cardamom, bay and curry leaves and cook for 1-2 minutes until you hear popping sounds.

Add the minced onion, season with a tsp of salt and saute for 5-7 mins until the onions are soft and translucent.

INGREDIENTS

METHOD

FOR THE CURRY

- 2 tbsp ghee, or vegetable oil
- 1/2 tsp cumin seeds
- 1/2 tsp coriander seeds
- 1/2 tsp brown mustard seeds, if available. If unavailable, substitute this with 1 tsp yellow mustard seeds.
- 2 green cardamom pods, if available
- 2 bay leaves
- 10 fresh curry leaves, or 15 dried curry leaves if available
- 1 small onion, approximately 6 oz, minced
- 1/4-1/2 tsp Indian chili powder, if available
- 2 tsp garam masala
- 1/2 cup chopped tomato
- 1.5 lbs chopped vegetables.
- 2 tbsp plain yogurt, optional
- 1/4 cup cilantro leaves

Add the chili powder, garam masala, and tomato and continue cooking for 5 mins.

Add the curry paste and cook for 10 mins.

Add the vegetables to the pot and mix thoroughly with the curry paste. Add water to barely cover the veggies and bring to a boil.

Once boiling, reduce the heat to a simmer and cook until the vegetables are tender and the curry is reduced to your desired texture. Stir in yogurt and cilantro.

Serve with basmati rice, naan, or roti.

