

Janet's Cookery Corner



Janet would be happy to answer any cookery queries you may have.

Email: cookery@kolchai.org

Keralan Vegetable Curry

Ingredients:

- 2 large cauliflowers
- 3 tbsp light olive oil for cooking or coconut oil
- 2 tsp black mustard seeds
- 2 tsp turmeric
- 2 small handfuls of dried curry leaves
- 2 inch piece of peeled ginger
- 4 cloves of peeled garlic
- 2 bunches of spring onion cut into large pieces
- 2 red deseeded chillies
- 1 large bunch of coriander
- 2 x 400g tin/carton chickpeas drained and rinsed
- 1 x 400g coconut milk
- 2 tsp Marigold vegetable bouillon



Method:

1. Remove outer leaves from cauliflowers and cut into smallish pieces – you may need to do this in two batches if you do not have 2 large roasting tins available
2. Heat oven to 200C and roast cauliflower in about 2 tbsp of oil for around 40 minutes, stirring around now and again
3. In the meantime, place ginger, chilli, garlic, spring onion and coriander into a food processor and chop till fine (alternatively, you can chop everything very finely by hand)
4. Heat oil in a large saucepan, add mustard seeds, curry leaves and turmeric – on a medium heat, let all the lovely oils in the seeds get released
5. Then add the ginger mixture to the pan and stir around
6. Add the coconut milk and vegetable stock
7. Then add the cauliflower and chickpeas
8. Stir and turn up heat and simmer for a few minutes
9. Serve with more chopped coriander on top and with rice or quinoa.