

Vegetable Curry

Chef Robert Coleman - The Lord's Place, West Palm Beach, FL
Palm Beach Post

Servings: 4

1 tablespoon coriander seeds
1 tablespoon cumin seeds
1 teaspoon (Methi) fenugreek seeds
1 teaspoon mustard seeds
3 tablespoons vegetable oil
2 tablespoons garlic, minced
1 tablespoon fresh ginger, grated
2 medium onions, thinly sliced
1/4 cup dried curry leaves
1 tablespoon garam masala
1 teaspoon turmeric
1/4 cup tomato paste
2 cups cherry tomatoes
salt and pepper to taste
5 cups coconut milk
2 cups baby red potatoes, washed and cut in half
2 cups fresh green beans
1 cup vegetable stock
minced green chilies

Place a skillet over low heat and add the coriander seeds, cumin seeds, fenugreek seeds and mustard seeds. Toast for 15 seconds, until aromatic, then pulse in a coffee grinder. (Or grind in a mortar and pestle.)

Place a pot over medium heat and add the oil. When hot, add the ginger, garlic and onions. Cook until very soft and beginning to brown, about 4 minutes.

Add the curry leaves, garam masala, turmeric and tomato paste. Stir well.

Add the toasted spices, tomatoes, salt, pepper, coconut milk, potatoes, green beans and one cup of stock. Bring to a boil.

Reduce the heat and let simmer until the potatoes are tender, 45 minutes to 1 hour. (For brighter, slightly crisp green beans, add 40 to 50 minutes after the other ingredients.)

Add green chilies to taste. (Remove the seeds to reduce their heat.)

Garnish the dish with a dollop of plain yogurt mixed with cilantro and fresh lime juice.

Per Serving (excluding unknown items): 894 Calories; 84g Fat (79.3% calories from fat); 11g Protein; 38g Carbohydrate; 10g Dietary Fiber; 1mg Cholesterol; 593mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 1 Fruit; 17 Fat.