

Vegetable Coconut Curry

Author: From *Secrets from a Caterer's Kitchen* by Nicole Aloni



- 1 large sweet potato, or Russett, peeled, cut in small dice
- 1/4 cup clarified butter
- 1/4 cup peanut oil
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon cardamom seeds
- 4 cloves garlic, minced
- 2 tablespoons fresh ginger, minced
- 1 cup shallots, chopped
- 1/4 cup curry powder, or to taste (I used about 3 T.)
- 1/2 cup chicken broth, or vegetable broth (or water)
- 1 whole red bell pepper, thinly sliced
- 1 cup carrots, thinly sliced
- 1/2 cup haricot verts (young green beans), cut in 2-inch lengths
- 2 cups cauliflower flowerets
- 1 cup fresh pineapple, diced
- 27 ounces light coconut milk
- 2 whole serrano peppers, seeded, finely minced
- 1 tablespoon kosher salt
- 1/2 cup frozen peas
- 1 cup grapes, halved
- 1/2 cup fresh cilantro, chopped (garnish)

Description: A vegetarian/vegetable main dish in an Indian coconut milk base.

Notes: This can be made up to one day in advance and reheated very gently. Serve over basmati or jasmine rice. If you want protein, add some diced chicken. Or, if you like tofu, that could also be added. If you have leftovers, they can be served as a soup with some added broth. Be sure to add some rice to it (precooked).

1. Place the sweet potato in a microwave-safe bowl and cook for about 2 minutes (it will be under-done). Set aside.
2. In a heavy 5-6 quart pan heat the clarified butter and peanut oil over medium heat until a light haze forms over it. Add the mustard and cardamom seeds, garlic, and ginger and saute for 2 minutes. Add the shallots and saute until soft and golden brown, 12-15 minutes. Stir in the curry powder and saute for 2-3 minutes, until aromatic. Add the vegetable broth and stir to mix well.
3. Add the bell pepper, carrot, sweet potato, cauliflower and pineapple and toss to coat with the spices. Add the coconut milk, chiles and salt. Bring to a simmer, cover, reduce heat and simmer about 10 minutes. Add the green beans and continue to simmer for 5 more minutes, until the green beans are just tender. If the mixture becomes dry add water, a tablespoon at a time.
4. Add the peas and grapes and simmer for one minute. Add salt if desired. Garnish with cilantro. Serve over rice.

Serving Ideas: I serve this with Caribbean Rice (with lots of Indian type spices, red onions, bananas, peanuts and cilantro) and a green salad dressed with an Indian-spiced dressing.

Per Serving (excluding unknown items): 263 Calories; 19g Fat (60.7% calories from fat); 4g Protein; 23g Carbohydrate; 4g Dietary Fiber; 16mg Cholesterol; 809mg Sodium.
Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 3 1/2 Fat.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>