

Mixed Vegetable Curry—

Serves 4.

In creating a mise-en-place, be sure not combine any of the spices until they go into the pot for cooking.

Step One

1/3 cup coconut oil

1/2 tsp salt

1 tsp cumin seeds

1/2 tsp ground fenugreek

1/2 tsp ground cinnamon

1/4 tsp ground cardamom

1 to 3 whole cloves

1/2 tsp turmeric

2 medium tomatoes, chopped

Step Two

2 Tbsp besan (chickpea/ garbanzo bean flour)

2 cups organic coconut milk

Step Three

with the exception of the cilantro, you can chop and combine the veggies in one bowl.

3/4 cup of the following:

peas

finely cut cauliflower

zucchini, quartered lengthwise and sliced

thinly sliced carrots

finely cut green beans

chopped fresh cilantro

Step One:

Heat the coconut oil in a pot over low heat. Add the salt. Add the spiced in order at 30-second intervals. When all spices have been added, add the tomatoes and cook for 4 minutes. Mash with fork (or potato masher) while cooking.

Step Two:

Stir in the besan. Cook for 1 minute, stirring constantly. Slowly add the coconut milk, stirring constantly.

Step Three:

Add the veggies. Cover and simmer until the vegetables are tender, about 30 minutes. Stir in the cilantro and adjust the salt.

Serve over rice or with Indian flat breads.