Vegetable Curry

Ingredients

4 cups of mix vegetables
2 cups cauliflower cut into florets
1 cup green peas
1 carrot diced in about ½ inch pieces
½ cup sliced mushrooms
1 zucchini small cut into bite size pieces
6 tomatoes medium size
½ inch ginger
1 green chili
2 tablespoons oil

½ teaspoon cumin seeds
1/8 teaspoon asafetida
¼ teaspoon turmeric
¼ teaspoon red pepper optional
1 tablespoon coriander powder
1 teaspoon salt adjust to taste
1 teaspoon sugar adjust to taste
1 tablespoon corn starch
½ teaspoon garam masala
2 tablespoons chopped cilantro

Instructions

1. Mix the cornstarch with ¼ cup of water and set aside.

2. Blend 5 sliced tomatoes, green chilies and ginger to make a puree. If you prefer mild take the seeds out of green chili before blending.

3. Slice 1 tomato length wise into 8-10 pieces and set aside.

4. Heat the oil in a saucepan. Test the heat by adding one cumin seed to the oil. If the cumin seed cracks right away, the oil is ready.

5. Add the cumin seeds, and asafetida, as seeds crack add tomato puree, coriander, turmeric, sugar and salt. Cover the pot and cook for about 5 minutes.

6. Add all the vegetables and ¼ cup of water. Cover the pan and let it cook for about 10 minutes over medium heat stir few times in between. Vegetables should be tender not mushy.

7. Add cornstarch mixture and let it cook for 2 more minutes. Cornstarch is added to thicken the gravy. If gravy is too thick add some hot water as needed.

8. Turn off the heat add tomato slices, garam masala and cilantro, stir and cover the pan for few minutes before serving.

Source: Pushpa Raj, Laboratory Technologist

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