

Recipes by SuperNature



INGREDIENTS

1 eggplant, cut into bite-sized pieces
Salt
2 unpeeled waxy potatoes
2 carrots, peeled
125g butternut pumpkin, peeled
1 red pepper
1/4 cup vegetable oil
2 cloves garlic, chopped
1 small piece fresh ginger, peeled
1 onion, chopped
1/2 teaspoon ground turmeric
2 teaspoons curry paste
1 teaspoon mustard seeds
1/2 stick cinnamon
3 curry leaves
400ml can peeled tomatoes in juice
1 cup coconut milk

Serves 2 – 4



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Curried Vegetables

Sometimes, when the cupboard is very bare, you can choose to make a simple coconut curry with any vegetables you have on hand - but potatoes are always a must.

DIRECTIONS:

1. Sprinkle eggplant with salt and set aside for 30 minutes, then rinse and dry well.
2. Cut potatoes, carrots, pumpkin and red pepper into bite-sized pieces.
3. Heat oil in a casserole. Sauté garlic, ginger, onion, turmeric, curry paste, mustard seeds and cinnamon for 5 minutes. Stir well and add curry leaves. Add all vegetables except tomatoes to casserole and stir well to coat.
4. Blend tomatoes and their juice in a food processor and add to casserole, then cover and simmer until the vegetables are tender, about 20 minutes.
5. Add coconut milk and season to taste with salt. Simmer for a further 10 minutes, uncovered, and serve with rice or lentils and chutney.

OTHER NOTES:

Organic potatoes can be used in these other ways:

Fish Soup With Potato - Drop sliced potato into soup made with fish stock, saffron and garlic to thicken it lightly. Serve with lots of parsley and garlic croutons.

Patatas Bravas - Sauté potato cubes in oil until golden and tender, then toss in a rich, reduced garlicky tomato and paprika sauce - a Spanish specialty!



From *The Cook's Companion* by Stephanie Alexander (Penguin, 2004), available at SuperNature.