

Vegetable Curry - Vegetarian

Saturday, 14 August 2010 16:56 - Last Updated Sunday, 24 July 2011 15:38

courtesy : Mrs. Kantheruby Venkatraman



Vegetable curry is completely vegetarian. Mildly spicy yet delicious; with lots of vegetables. The vegetable curry is served with white rice, thosai, chappati or roti chana.

Ingredients:

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3 to 4 baby corn; cut into pieces
4 to 5 medium potatoes; cut into 4's
4oz fresh button mushroom; cut into half
2 medium tomatoes; cut into 4's
1 medium carrot; sliced
10 pearl onions; peeled
10 snowpeas; remove thread
1 medium onion; sliced
1 red chilli; remove some seeds and cut lengthwise
5 cloves garlic; cut into half
1/4 teaspoon fenugreek seed
1/4 teaspoon mustard seed
1 star anise
2in cinnamon stick(strip)
2 tablespoon Eagle brand meat curry powder
1/3 cup thick coconut milk;without preservative
sufficient water to cover vegetables
salt to taste
2 tablespoon oil
1 stalk curry leaves(stripped...10 leaves)

Method of preparation:

Heat oil in a wok. Add onion, garlic, star anise, red chilli, cinnamon stick, curry leaves, fenugreek seed and mustard seed. Saute till the onion is golden. Next, put cut vegetables into the wok. Saute for about 3 minutes. In a bowl, dissolve curry powder with 3 cups of water. Pour into wok. Add tomato and salt. Stir and mix well. Top up water to cover the vegetables. Stir. Cover and cook on medium flame till the potato is cooked. Uncover. Add coconut cream. Bring to a boil. Turn off flame. The vegetable curry is ready. Serve with rice.