

Vegetarian Curry with Summer Vegetables



Ingredients:

4 T Neutral vegetable oil, divided

2 Asian eggplant (or 1 small globe eggplant), cut in half lengthwise and sliced on the bias, ¼ inch thick

½ Medium onion, diced (about 1 C)

1-2 T garlic, finely minced (about 2 cloves)

1-2 T ginger, peeled and finely minced (about 1 inch of ginger)

1 ½ - 2 T Curry powder*

2 tsps Ground cumin

Pinch of cayenne

1 Potato, scrubbed and cut into ½ inch dice (about 1 C)

½ Jalapeno, top cut off, leave seeds in, optional

1 Tomato, cut into ½ inch dice, save any of the tomato water that leaks out when cut

1 Medium zucchini, sliced in half lengthwise and cut into ½ inch slices on the bias

½ Head of cauliflower, cut florets into small bite-sized pieces**

2 Kale leaves, stripped off the center spine and cut into thin ribbons (or substitute large handful of spinach)

Water, salt and black pepper

¼ C Chopped cilantro, including stems, optional

¼ lime or rice/distilled white vinegar

Method:

Heat a large sauté pan or medium sized pot over medium heat until hot, add 2 T of oil and when the oil is hot, add the eggplant in a single layer and let it sit without stirring until the first side is browned, about 2-3 minutes. Using a heat resistant spatula, flip the eggplant so that the second side also browns, add 1/8 tsp of salt and one grind of pepper. When the eggplant is browned, remove to a plate. If your oil is not enough, the eggplant may absorb the oil and will not brown.

Wipe out the pan/pot with a paper towel and heat again over medium heat, and add the other 2 T of oil. When the oil is hot, turn the heat down to low and add the onions, season with a pinch of salt and cook gently until the onions are soft and translucent, 4-5 minutes, then add the garlic



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and ginger. When the mix is aromatic, about the 1-2 minutes, add the curry powder, cumin and cayenne. Stir together well and allow the spices to bloom, about 2-3 minutes, scraping the bottom of the pan. Add the tomatoes and the juices and stir, cook for another 2 minutes

Add 3 C of water, the jalapeno (if using), potatoes, zucchini and stir together, scraping the bottom of the pan. Cook over medium heat until the potatoes are almost fork-tender, about 10 minutes. Add the cauliflower florets, the kale, ½ tsp of salt and a grind or two of black pepper. Add additional water as needed so the vegetables are covered with liquid. Cook until the vegetables are soft but not mushy, add the cilantro and finish with a squeeze of lime juice or tiny splash of rice or white distilled vinegar. Taste and adjust seasonings with salt or lime juice as needed. Remove the jalapeno half.

Serve over rice, rice noodles or thin Asian wheat noodles.

*This curry will be medium heat, if more heat is desired, add additional cayenne or curry powder. The heat level can also be amped up at the table with siracha sauce. Omit the optional jalapeno if a gentler heat level is desired.

**Sliced okra, carrots, celery or turnips can be substitute for some of the vegetables such as cauliflower and zucchini.