



# Food for Friends

## Sangee's Vegetable Kurma

Serves 5 people

### Ingredients A

5 cloves garlic  
5 eschallots  
1 inch ginger  
2 tbsp cashew nuts  
4 green chillies  
3 tbsp kurma powder  
Water

### Ingredients B

1 cinnamon stick  
3 cardamom pods  
1 star anise  
1 onion, chopped  
1 sprig curry leaves

### Ingredients B cont.

2 handfuls coriander leaves +  
extra for garnishing  
10 green beans, cut slantwise  
1 carrot, sliced 2 inches long  
1/2 cauliflower  
2 potatoes, each cut into 6  
pieces  
1 large tomato  
2 red chillies  
50ml coconut milk  
sufficient water  
salt  
5 tbsp ghee

### Method

1. Heat ghee and saute the cinnamon stick, cardamom pods, star anise, onion and curry leaves until fragrant.
2. Blend Ingredients A, add to the spices and keep stirring
3. Add potatoes, water, coconut milk and coriander leaves. Allow to boil until the potatoes are cooked.
4. Add salt and remaining vegetables. Bring to boil a few times. Stir gently
5. Check for salt and sprinkle some coriander leaves over the kurma before serving.