

Food for Friends



Sangee's Vegetable Kurma

Enjoy Sangee's family recipe as a gift of thanks from the Asylum Seekers Centre. **Serves 5 people**

Ingredients A

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

Ingredients B

1 cinnamon stick
3 cardamom pods
1 star anise

Ingredients B cont.

1 onion, chopped
1 sprig curry leaves
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.