
Vegetarian South Indian Curry

Total time: 50 min Yield: 6 servings

Ingredients

4 tsp canola oil (divided)
1 large white onion (diced)
3 clove garlic (minced or 2 tsp. granulated garlic)
3 Tbsp curry powder
1 Tbsp cumin
2 tsp turmeric
1 1/2 tsp ground cinnamon
27 oz unsweetened coconut milk (canned)
1 large yam (peeled, 1" diced)
2 large carrots (peeled, sliced thick diagonally)
16 oz chickpeas (garbanzo beans, drained)
1 1/2 cup shelled edamame
1/2 large head cauliflower (cut into 1" pieces)
1 tsp Garam Masala (optional)

Prep Time: 25 min Cooking Time: 25 min Total Time: 50 min

Instructions

In a large pot or Dutch oven, heat 1 tbsp. oil over medium heat; add the onion and sauté until translucent.

Add the garlic and continue to sauté for an additional minute. Add 1 tsp. oil, curry powder, cumin, turmeric and cinnamon and continue to sauté for a minute or two, to help release the flavors of the aromatic spices.

Add the coconut milk and bring the mixture to a simmer. Add the yam, carrots and chickpeas and cook until the yam and carrot can be pierced with a fork. Add the edamame, cauliflower and Garam Masala, if using. Cook about 20 to 25 minutes until cauliflower is fork-tender.

Serve in bowls over rice or hearty grains like quinoa or pearl barley. The richness of this dish will be nicely balanced with a crisp Sauvignon Blanc.

Recipe brought to you by:

Chef Michi Watarai