

CAULIFLOWER, CHICKPEA & POTATO CURRY

Adapted from Cooks Illustrated

INGREDIENTS

1 to 2 tablespoons curry powder
(1 for milder, 2 for spicier)
1½ teaspoons garam masala
olive oil
2 medium onions, finely chopped
(about 2 cups)
4 small (red, yellow, or sweet
potatoes), cut into 1/2-inch pieces
(about 2 cups)
3 medium cloves garlic, minced
or grated through a microplane
1 tablespoon finely grated fresh
ginger
1 tablespoon tomato paste
½ - 1 head cauliflower, trimmed,
cored, and cut into 1-inch florets
(about 4 - 6 cups)
1 jar strained tomatoes, OR one
can diced tomatoes, chopped or
pulsed in food processor until
nearly smooth
¼ cups water
1 can chickpeas, drained and
rinsed
Salt to taste
2 cups frozen peas
½ cup coconut milk or heavy
cream
Optional garnishes:
Brown rice
Plain yogurt

METHOD

Make sure you have all the ingredients prepped and measured out before you begin.

Toast curry powder and garam masala in small skillet over medium-high heat, stirring constantly. After about a minute, when the spices smell delicious, remove them from the skillet and set aside.

Heat at least 3 tablespoons of olive oil in large pot over medium-high heat. Add onions and potatoes and cook, stirring occasionally, until onions are caramelized and potatoes begin to brown on edges, about 10 minutes.

Push the potatoes and onions to the sides of the pot, and move olive oil to the middle of the pot. Add the garlic, ginger and tomato paste and sauté for about 30 seconds, or just until you can smell them. Mix them into the potatoes and onion, adding the toasted spices at the same time.

Add the cauliflower and mix well. Add tomatoes, water, chickpeas, and 1 teaspoon salt. Increase heat to high and bring mixture to boil. While you do this, scrape the bottom of pan with a wooden spoon to loosen browned bits of onion and potatoes that are full of flavor. Cover and reduce heat to medium. Simmer, stirring occasionally, until vegetables are tender, about 10 minutes.

Stir in peas and coconut milk or heavy cream. Continue to cook until heated through, about 2 minutes longer. Serve on top of brown rice with big dollops of plain yogurt.