

# CAULIFLOWER AND POTATO CURRY

from **Joy of Cooking** cookbook

## Ingredients

- |  |                                    |
|--|------------------------------------|
| 1 head <b>cauliflower</b>                          | 3 Tbsp <b>curry powder</b>         |
| 2 medium <b>potatoes</b>                           | 1 tsp <b>salt</b>                  |
| 1 medium <b>onion</b>                              | 1 Tbsp <b>flour</b>                |
| ¼ cup <b>olive oil</b>                             | 1 15-oz can <b>coconut milk</b>    |
| 1 <b>apple</b> , peeled, cored and sliced          | ½ cup <b>broth</b> or <b>water</b> |
| 3 cloves <b>garlic</b>                             | 1 15-oz can <b>chickpeas</b>       |
| 2 <b>hot peppers</b>                               |                                    |
| 1 Tbsp <b>shredded ginger</b> (or powdered ginger) |                                    |

## Preparation

1. Cut a cauliflower head into florets and boil for 5 minutes. Remove with a slotted spoon and set aside. Peel and cut into ½-inch cubes two medium potatoes. Boil for 5 minutes in the cauliflower water, then drain and rinse under cold water to stop them from cooking. Set aside with the cauliflower.
2. Chop a medium onion and add to ¼ cup of oil heating in a Dutch oven or deep skillet with a lid. Sauté the onions for a few minutes.
3. Meanwhile, in a food processor, mince 1 peeled, cored, sliced apple, 3 cloves of garlic, 2 hot peppers and 1 Tbsp shredded ginger (or add powdered ginger later). Add the minced mixture to the onions and cook until the onions are getting soft.
4. Add 3 Tbsp of curry powder, 1 tsp salt (ginger if you need to) and 1 Tbsp flour and sauté for another 3 minutes, stirring, to brown the curry and flour slightly.
5. Add 1 15-oz can of coconut milk and 1/2 cup of broth or water. Stir, then add the potatoes and cauliflower back to the Dutch oven. Add 1 can of chickpeas. Bring to a boil and then reduce to a simmer with the lid on for 15 minutes. Add more broth if it seems too dry.
6. Add peas or spinach at the end if you'd like something green.
7. Serve over rice, sprinkled with golden raisins and chopped cashews. (optional).