

Black Eyed Beans Curry

500g black eyed beans
200g tinned tomatoes, liquidised

Wash and soak the black eyed beans for 4 – 5 hours. Change the water and boil in a pressure cooker until tender. After the beans have cooled, drain the water from the beans.

Heat 2 tbsp of oil in a saucepan so when you add a couple of pinches of mustard seeds, cumin seeds and asafoetida, these seeds burst. Add the tomatoes, salt, turmeric, coriander/cumin powder, chilli powder and jiggery. Cook for 3-4 minutes. Add the boiled beans and let it cook for 5-6 minutes. Remove from heat and garnish with coriander prior to serving.

Stuffed Brinjal, Potatoes and Peas Curry

Vegetables	For filling	For tempering
500g = 7 small brinjals 600g small potatoes 2 cups of peas 250g tin tomatoes liquidised	3 tbsp fresh coconut, grated 2 tbsp peanuts, coarsely ground 2 tbsp coriander-cumin powder 1 tbsp gram flour ½ cup fresh fenugreek, chopped ¼ cup coriander, chopped 1 tbsp lemon juice Fresh chopped coriander and grated coconut for garnishing	½ cup oil 2 tsp mustard/cumin seeds A pinch of asafoetida 1 tsp red chilli powder ¾ tsp turmeric powder 1 tbsp chilli paste 2 tbsp ginger paste 3 tbsp oil 1 tbsp jaggery 2 tsp salt or as per taste

Wash the potatoes and aubergines. Remove stem tops from brinjals. Peel the potatoes.

Make a slit through the centre of the brinjals and potatoes.

Mix all the ingredients for filling. Stuff each brinjal and potato with the filling.

In a broad saucepan, heat oil and add all ingredients for tempering. Add tomatoes and ½ cup water.

Let it boil for 5 minutes. Add potatoes and brinjals and top it with peas. Cover the saucepan with a steel plate, half filled with water. Cook until tender. Do not add water into the curry. Once cooked, garnish with coriander/coconut.

Serve hot with chapatis or naan.

This curry can also be baked in the oven at 180°C for 45 minutes.

Thai Vegetables in Sauce

Vegetables	Sauce
225g / 1 aubergine, chop into 3.5cm cubes 115g French beans, 5cm long pieces 85g carrots, sliced diagonally 85g cauliflower small florets 2 cups coconut milk	1 cup spring onions, finely chopped 2 cloves garlic, chopped 4 coriander roots & stems, chopped 2 red chillies, seeded & chopped 1 stalk lemon grass, chopped 3 cm galangal or ginger, chopped 2 tsp lime peel, grated 2 tsp sugar Salt to taste
Gravy 4 tbsp coconut cream 1 tbsp peanuts, roasted and ground 3 tbsp tamarind water	

Cook vegetables in coconut milk. Cover and simmer for 10 minutes until tender. Remove from heat and keep aside.

Blend all ingredients together for the sauce.

Remove 4 tbsp of liquid from the cooked vegetables and place in a pan, add coconut cream and sauce. Cook until oil oozes out and the gravy thickens. Stir in remaining ingredients for gravy and cook for 2 minutes. Stir in cooked vegetables and heat gently for 1 minute.

Serve hot with steamed rice.