

Cauliflower Curry

Our favourite way of dealing with cauliflower, and a change from cauliflower cheese. It takes an hour or so to put together and the smell is amazing. You can make it with a whole tin of tomatoes rather than fresh, leave out the water at the end. We generally serve it with a dal and rice.

Ingredients

1	Onion, medium	1	Heap of fresh coriander
4	Garlic cloves, squished, skinned	¼ tsp	Cayenne or hot paprika
1	Thumb-sized lump fresh ginger	2 tsp	Ground coriander
1	Cauliflower, nice, big	2 tsp	Ground cumin
½ tsp	Ground turmeric	½ tsp	Garam masala
1½ tsp	Salt	15ml	Lemon juice
120ml	Cooking oil		
1	Tomato, medium (or a tin)		

Instructions

Roughly chop the onion, garlic and ginger and put them in the blender with the turmeric, salt and enough water to make it all blend smoothly. Blend it smoothly.

Break up the cauliflower into florets roughly 20mmx50mm max. Wash, drain, evict wildlife. Chop up the tomato and fresh coriander, squeeze your lemon, sort out your spices.

Warm the oil in a heavy pan that takes a lid. Fry the paste (explosion warning) for about 5 mins and don't worry if it sticks. We're aiming for the oil to separate out a bit.

Put in the tomato, and coriander and boil that down for a few minutes, then add everything else and simmer. If you're using fresh tomato, put in about 60ml of warm water or it'll dry out and burn. Stir it all up and cook for 30-45 mins depending on how you like your cauliflower.

Goes great with rice & peas, or flatbread. Keeps well in the fridge, and can be cooked in advance and left on standby.