



Longley Park
SIXTH FORM

Ready, Steady, Cook



Mixed Vegetable Curry

by Raquia Begum

Curry is a variety of dishes originating in the Indian subcontinent that use a complex combination of spices or herbs, usually including ground turmeric, cumin, coriander, ginger, and fresh or dried chilies. Curry is generally prepared in a sauce. Curry dishes prepared in the southern states of India, where the word also originated, may be spiced with leaves from the curry tree.

Ingredients

- 2 medium onions
- 1 sour gourd
- 2 medium aubergines
- 1 courgette
- 1 tomato
- 1 green pepper
- 1 garlic
- Small cup of oil
- 1 tablespoon of curry powder
- 1 teaspoon of salt
- 1 tablespoon garam masala
- Handful of coriander leaves - chopped

Method

- Heat oil in a pan and add the onions to the oil.
- Chop the tomato and peel the garlic and add both to the oil with the onions.
- Let them fry for about 15 minutes until golden brown. Keep mixing so they don't stick.
- Add the teaspoon of salt.
- Add one small cup of water to the mixture and add the curry powder.
- Keep mixing for about 5 minutes.
- Now add all your chopped vegetables to the mixture. Mix well, reduce the heat to low and partially cover the pan. The vegetables will now release their own juices. Keep mixing every 5 minutes so it doesn't stick to the bottom of the pan. Cook for about 40 Minutes.
- Once the vegetable juice's have evaporated and oil begins to rise to the top add your garam masala and fresh coriander leaves, mix for 2-3 minutes.
- Serve with rice, chapatis (see recipe in the Bread folder) or naan bread for a delicious dinner!

