

Korma: Auberginen, Blumenkohl, grüne Bohnen

650

Typ: Gemüse

Quelle: Curry Bible, S. 157

Bemerkungen: Mild and fragrant, this slow-braised mixed vegetable dish reflects the skilled flavouring of Mogul cooking. The rich, almost velvety, cream-based sauce is spiced but doesn't contain chillies, making it an indulgent treat for anyone who prefers mild dishes.

1 Feb 15 (Gräfelning): sehr ausgewogene Kombination. Braucht doch etwas mehr Gewürze. Ein Töpfchen Sahme könnte durch Kokosmilch ersetzt werden. Vorsicht, die Mischung brennt doch sehr leicht an! Rezept verdoppelt, und das hat für sechs Erwachsene gerade gereicht.

Zutaten:

SERVES 4

85 g cashew nuts

1 1/2 tbsp garlic and ginger paste

200 mL water

55 g ghee or 4 tbsp vegetable or groundnut oil

1 large onion, chopped

5 green cardamom pods, bruised

1 cinnamon stick, broken in half

1/2 tsp ground turmeric

250 mL double cream

140 g new potatoes, scrubbed and chopped into 1-cm pieces

140 g cauliflower florets

tsp garam masala

140 g aubergine, chopped into 2.5-cm chunks

140 g green beans, chopped into 2.5-cm lengths

salt and pepper

chopped fresh mint or coriander, to garnish

Rezept:

Heat a large flameproof casserole or frying pan with a tight-fitting lid over a high heat. Add the cashew nuts and stir them around until they start to brown, then immediately tip them out of the casserole.

Put the nuts in a spice blender with the garlic and ginger paste and 1 tablespoon of the water and whizz until a coarse paste forms.

Melt half the ghee in the casserole over a medium—high heat. Add the onion and cook for 5-8 minutes, until golden brown. Add the nut paste and stir for 5 minutes. Stir in the cardamom pods, cinnamon stick and turmeric.

Add the cream and the remaining water and bring to the boil, stirring. Reduce the heat to the lowest level, cover the casserole and simmer for 5 minutes. Add the potatoes, cauliflower and garam masala and simmer, covered, for 5 minutes. Stir in the aubergine and green beans and continue simmering for a further 5 minutes, or until all the vegetables are tender. Check the sauce occasionally to make sure it isn't sticking to the base of the pan, and stir in a little water if needed. Taste and add seasoning, if necessary.

Sprinkle with the mint or coriander and serve.