
Typ: Gemüse

Quelle: Indian Vegetarian Cookery p 52

Bemerkungen: This excellent vegetable dish goes well with most Indian food - and it is simple and quick-cooking, too.

6 Mai 17 (Gails Geburtstag): Am Ende viel zu lange gekocht, Blumenkohl zu weich. Vorschlag: TK Spinat, auftauen und gut ausdrücken, grob hacken und am Ende dazu und nur solange kochen, bis Blumenkohl noch Biss hat.

Zutaten:

Serves 4

1 cauliflower
500 g fresh spinach, washed, or 250 g frozen spinach, defrosted
4 tbsp vegetable ghee or oil
2 large onions, peeled and coarsely chopped
2 garlic cloves, peeled and crushed
2.5 cm ginger root, peeled and chopped
1 tsp cayenne pepper, or to taste
1 tsp ground cumin
1 tsp ground turmeric
2 tsp ground coriander
425 g can chopped tomatoes
300 mL vegetable stock
salt and freshly ground black pepper

Rezept:

1. Divide the cauliflower into small florets, discarding the hard central stalk. Trim the stalks from spinach leaves. Heat the ghee or oil in a large saucepan, add the onions and cauliflower florets and fry the vegetables gently for about 3 minutes, stirring frequently.

2. Add the garlic, ginger and spices and cook gently for 1 minute. Stir in the tomatoes and the stock and season with salt and pepper. Bring to the boil, cover, reduce the heat and simmer gently for 8 minutes.

3. Add the spinach to the pan, stirring and turning to wilt the leaves. Cover and simmer gently for about 8-10 minutes, stirring frequently until the spinach has wilted and the cauliflower is tender. Serve hot.

SPINACH

You may prefer to use frozen spinach in this recipe, in which case you require 250 g frozen leaf spinach which must be defrosted and well drained before adding to the mixture and heating through.