
Typ: Gemüse

Quelle: 50 Great Curries of India, S. 142

Bemerkungen: CAULIFLOWER GASHI (MANGALORE)

In India the cauliflower is usually cooked as a dry vegetable, rarely as a curry. However on the West Coast of India, around Mangalore, the Hindu community do make a curry with it (called a gashi), combining it with large pieces of potato. It is actually very tasty. Serve with white rice.

Okt 17: Kokosraspeln trocken geröstet. Pürierstab statt Blender. Nicht zu viel Flüssigkeit!

Zutaten:

Serves 2
1½ cups chopped fresh coconut
7-8 tablespoons oil
300 g onions, chopped
5 dried red chillies
2 teaspoons coriander seeds
1/8 teaspoon mustard seeds
1/8 teaspoon fenugreek seeds
¼ teaspoon cumin seeds
2,5 cm cinnamon stick
4 peppercorns
2 cloves
½ teaspoon turmeric
½ teaspoon paprika powder
1 heaped teaspoon tamarind
2 x 1 cm piece of ginger, finely chopped
4 garlic cloves, finely chopped
200 g potatoes, peeled and chopped into large pieces
salt, to taste
400 g cauliflower, cut into large florets

Rezept:

1. Soak 1 cup coconut in 2 cups warm water. Leave for ½ h then put into a blender. Strain and keep the coconut milk.
2. In a non-stick frying pan heat 1 tablespoon oil and sauté ½ cup chopped coconut for 2-3 min. Set aside.
3. Heat another tablespoon oil and saute half the onions for 2-3 min. Set aside.
4. Heat one more tablespoon of oil and saute the red chillies, coriander, mustard, fenugreek and cumin seeds, cinnamon, peppercorns and cloves for half a minute, and remove.
5. Now put the coconut, onions and spices into a blender. Add the turmeric, paprika and tamarind and ½ cup water and grind to a smooth paste.
6. In a saucepan, heat 4 tablespoons oil and sauté the ginger and garlic for 15 sec, followed by the rest of the chopped onions for about 7-8 min, until translucent. Add the spice paste, sauté for 2 min, then add a little water and the potatoes and sauté for about 5 min. Sprinkle in the salt (about 1 teaspoon). Add ½ cup water,

close the lid and cook for 6-7 min.

7. Now add the cauliflower, 2 cups coconut milk and cook until done.

As I suggest in the section on menus, if cooking for guests, some of whom are vegetarian, one can make extra of the spice paste for Chicken in Thick Coconut Gravy and cook this cauliflower curry for the non-meat eaters. The spice mix is very similar to the one above, but slightly less spices are used when specially making a vegetable dish like this one.