

# Gemischtes Gemüse-Curry (Mixed vegetable curry)

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**Typ:** Gemüse

**Quelle:** 50 Great Curries of India, p 145

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**Bemerkungen:** There are hundreds of ways of making mixed vegetable curry. Almost every recipe in this book can be adapted to cook vegetables instead of lamb, chicken or fish. This is a Hindu Goan curry. While the Goa Fish Curry (see page 120) is eaten by the Hindu and Christian of Goa alike, the Hindus alone make a vegetable curry.

2 getrocknete Chillies tun es auch!

**Zutaten** Serves 4  
2 onions  
4 tablespoons oil  
1 cup grated coconut  
6 dried red chillies  
2 tablespoons coriander seeds  
4 cloves  
10 peppercorns  
5-cm cinnamon stick  
½ teaspoon mustard seeds  
½ teaspoon cumin seeds  
¼ teaspoon asafoetida (optional)  
¼ teaspoon turmeric powder  
1 cinnamon or bay leaf  
1 blade of mace  
450g diced mixed vegetables (yam, carrots, potato, sweet potato, beans, peas)  
salt  
1 teaspoon lime or lemon juice, to taste

**Rezept:**

1. Chop 1 onion finely and slice the other.
2. Put 1 tablespoon of the oil into a non-stick frying pan, add the grated coconut and saute for 5 minutes. Remove and set aside in a bowl.
3. Put the red chillies and coriander seeds into the same pan. After 3 minutes add the cloves, peppercorns and cinnamon and stir for 2-3 minutes. Add to the coconut in the bowl.
4. In a blender, puree the coconut, roasted spices and sliced onion, adding ½ cup water.
5. Heat the remaining oil in a cooking pot, add the mustard seeds, cumin seeds, asafoetida and turmeric powder. After a minute add the cinnamon or bay leaf and chopped onion and fry for 20-25 minutes or until the onion is browned. Add the spice mix and the mace and fry for 10-12 minutes. Pour in 3 cups water, add salt to taste and mix well.
6. Now add the vegetables in order of their cooking time. Start with yam, followed after 10 minutes by carrots and 5 minutes later by the potato and sweet potato, followed after 5 minutes by beans. Finally add the peas.
7. Cook, uncovered, over a low heat until the vegetables are tender. Then add the lime or lemon juice