

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Broccoli with Ginger and Coconut

As Seen in "660 Curries" by Raghavan Iyer

Turn ho-hum broccoli into zesty, flavorful curried broccoli, and the family will never eat veggies the same way again...

½ cup shredded dried unsweetened coconut
½ cup boiling water
2 Tbsp canola or vegetable oil
1 tsp cumin seed
2 Tbsp finely chopped fresh ginger
1 lb broccoli, in florets
1½ tsp kosher salt
1 tsp Sambhar Masala (separate recipe)
1 cup water

Place the coconut in hot water and set aside. (Alternatively, use 1 cup fresh shredded coconut.) Heat oil in a medium skillet over medium-high heat. Add cumin seed and fry until they sizzle and turn brown, about 10 seconds. Add the ginger and stir-fry for a minute, until it's golden-brown.

Add broccoli, salt and masala and stir-fry to make sure the spices coat the broccoli. After a minute or so, pour in 1 cup water and stir once or twice. Bring to a boil, then reduce heat and cover. Cook, with occasional stirring, until the broccoli is fork-tender, about 8 minutes. Drain coconut and stir into broccoli; the curry will thicken almost immediately. Cook, with stirring, for 1-2 minutes, then serve.

Yield: Six servings

Preparation time: 10 minutes

Cooking time: 15 minutes

