

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Pan-Stewed Cauliflower and Spinach

As Seen in "660 Curries" by Raghavan Iyer

White, green and red; a colorful and very tasty curry! I didn't find this one to be too spicy, but don't stub your toe on the masala or it'll get Much Hotter...

2 Tbsp sesame oil

1 tsp mustard seeds (black or yellow)

1 Tbsp urad dal (skinned black lentils)

8 oz cauliflower, in florets

1 cup water

1 lb fresh spinach leaves, rinsed

1 large tomato, cored, in cubes

1 Tbsp cilantro leaves, minced

1 tsp Sambhar Masala (see recipe)

1 tsp kosher salt

10-12 fresh curry leaves

Heat the oil in a large saucepan over medium-high heat. Add mustard seeds, cover and cook until seeds have stopped popping, about 30 seconds. Add lentils and stir-fry until they turn golden-brown, 15-30 seconds.

Add cauliflower and stir-fry until the florets are lightly browned on the edges, about 2 minutes. Add water and quickly bring to a boil. Lower the heat, cover and simmer for 3-5 minutes, until cauliflower is partially cooked.

Place spinach into the pan and cover. Cook until the leaves wilt, about 5 minutes or so. Stir in the remaining ingredients. Cook, uncovered and with occasional stirring, until the tomato is warmed and the cauliflower is tender, about 3-5 minutes. Serve with rice.

Yield: Six servings

Preparation time: 15 minutes

Cooking time: 15 minutes

