

Mixed Vegetable Curry

A mixed vegetable curry is the perfect accompaniment to a biryani. Indeed, Indian restaurants usually throw in a vegetable curry when you order their biryani so you can lubricate the dry biryani with the curry sauce from the vegetables. By the same token, the mixed vegetable curry also goes well with other dry dishes such as chicken tikka or seekh kebabs.

Exactly which vegetables you use is entirely up to you. You could even use a pack of mixed frozen vegetables – some restaurants do.

I have used a mixture of potatoes, fresh cauliflower and frozen peas in the recipe as that is my favourite combination.

If you are looking for an accompaniment to any of the main meal curries I would suggest you choose one of the drier vegetable bhajis rather than this curry. That way you do not get the sauces trying to outdo each other on your plate.

As with all cooking, if you use the best ingredients you will get the best results. So do take some time picking your vegetables. Choose good boiling potatoes that don't break up on cooking. Potatoes that are good for chips or roasting will be too floury and will break up on boiling. Choose a firm, fresh cauliflower with all-white florets and no brown patches.

ingredients

150g cauliflower (trimmed weight)

150g potatoes (trimmed weight) – use Desirée, Estima or another good boiling variety

75g frozen peas

3 × 15ml spoons groundnut oil

50g finely chopped onion

10 × 15ml spoons [Curry Base](#)

1 × 5ml spoon ground cumin

1 × 5ml spoon ground coriander

1 × 2.5ml spoon paprika

1 × 2.5ml spoon turmeric

½ a 2.5ml spoon *hot* chilli powder

4 pinches garam masala

1 × 2.5ml spoon dried fenugreek leaves

salt

[Curry Stock](#) or water to loosen the curry

method

1. Trim the cauliflower of its outer leaves and cut the large florets off the coarse inner stalk. Cut the large cauliflower florets into evenly sized pieces 20 – 30 mm wide. Cauliflower florets are difficult to cut accurately but you want them neither too big nor too small. Weigh out 150g of cut cauliflower pieces.
2. Peel the potatoes and trim by “squaring off” the round edges so you get something approaching a 6-sided block. Discard the trimmings and weigh to check you now have 150g of prepared potato. Slice the potato into 15 mm cubes (the exact size and shape will vary but that’s what to aim for).
3. Bring a pan full of water to the boil and add the potato cubes. Return the water to the boil and simmer for exactly 5 minutes. Use a slotted spoon to remove the potato cubes from the boiling water. Transfer the potato cubes into a large bowl of cold water.
4. Get the potato water boiling again. Place the cauliflower florets in the boiling water. Return the water to the boil and simmer for exactly 3 minutes. Using the slotted spoon, remove the cauliflower pieces from the boiling water. Put the cauliflower pieces into the bowl of cold water along with the potato cubes.
5. Get the cauliflower water boiling again and slide in the frozen peas. Return the water to the boil and simmer gently for exactly 3 minutes. Drain the water off the peas and place them in the bowl of cold water with the potato and cauliflower. Make sure all the vegetables are completely cold before you add them to the curry.
6. If you want to save time later you can boil the vegetables well ahead of time, cool them to room temperature and then refrigerate them until needed.
7. Heat the oil in a 20cm heavy bottomed saucepan over a medium/high heat.
8. Put the chopped onion into the pan. Stir fry for 1 minute then reduce the heat to medium and cook for another 2 minutes. Add 30ml Curry Base and the ground cumin, ground coriander, paprika, turmeric and chilli powder and stir fry for another 30 seconds.
9. Drain the vegetables of water and add them to the pan. Use a **metal spoon** to stir the mixture very gently so as not to break up the vegetables. Stir until the vegetables are well coated with spices.
10. Add the rest of the Curry Base, garam masala and fenugreek leaves and bring the sauce to the boil. Turn the heat down to low and simmer gently for 10 – 15 minutes by which time the vegetables should be thoroughly re-heated and the spices nicely mature.
11. At some point during the cooking the sauce will probably start getting too thick. Add Curry Stock or water to loosen the sauce so it is quite fluid. Return the sauce to a simmer. Taste the sauce and add salt if needed.
12. Transfer the curry to a serving dish and serve with a biryani or any of the kebabs.