

# CAULIFLOWER AND POTATO CURRY



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## INGREDIENTS

- 4 tbsp peanut oil
- 1 small red onion
- 2 garlic cloves
- 2 large potatoes
- 1 medium cauliflower
- 2 red chilli peppers
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp paprika
- ½ tsp turmeric
- 1 bay leaf
- 1 sprig coriander
- 1 ripe tomato

## METHOD

Wash the cauliflower and break into pieces • Peel the potatoes and cube • Chop the onion, garlic and chilli pepper • Heat the coriander and cumin seeds in a pan with oil until they begin to pop • Add the onion, garlic, chilli pepper and fry • Add the bay leaf, the paprika and the turmeric • Add the potatoes and coat in the oily spices • Add hot water till it reaches half way up the potato cubes • When it boils add the cauliflower and leave to simmer, seasoning with salt • The potatoes are cooked when you can spear them with a knife • Add the tomato, peeled, seeds removed, and chopped into small cubes, and the chopped coriander • For a creamier result add a tbsp of unsweetened natural yoghurt per person

**Tip:** Serve with basmati rice and chapattis from Patak's