

Balti Vegetable Curry

Preparation Time: 10 min

Cooking Time: 35 min

Servings: 4

Ingredients - Curry Paste

4 tbsp coriander seeds
2 tbsp cumin seeds
2 cinnamon sticks
1 tsp fennel seeds
2 tsp black mustard seeds
1 tsp fenugreek seeds
6 cloves
20 dried curry leaves
4 dried bay leaves
4 tsp ground turmeric
2tsp ground ginger
1 tsp ground chilli
1 tsp ground cardamon
1 cup white vinegar
1 cup olive oil



Ingredients - To Assemble Dish

2tbsp olive oil, extra
1 tbsp grated fresh ginger
1 onion, chopped
1 broccoli, cut into florets
½ butternut pumpkin, cut into 2cm cubes
1 carrot, peeled and cut into 2cm cubes
3 tomatoes, chopped
1½ cups vegetable stock

Method

For the curry paste:

Place the seeds, cinnamon sticks, cloves and leaves in pre-heated non-stick fry pan and dry-fry over a medium heat until the spices are fragrant and the seeds have started to pop.

Remove from the heat and allow to cool slightly. Blend the mixture in a spice blender (or use a mortar and pestle) to produce a fine powder. Add the remaining ground spices and the vinegar and stir to form a paste.

Heat the olive oil in a fry pan. When hot, pour over the spice paste and then transfer to sterilised glass jars for storage.

To assemble the dish:

Heat the extra oil in a large, heavy-based saucepan. Add 2 tablespoons of the prepared spice paste and cook until the oil begins to separate. Add the onion and ginger and cook over medium heat until the onion has softened.

Add the broccoli, pumpkin and carrot and stir to coat in the spice mixture, then add the tomatoes and vegetable stock. Bring to the boil, then reduce heat and simmer for 30-40 minutes until the vegetables are tender.