

TRUPTI INDIAN VEGETABLE CURRY RECIPE

INGREDIENTS

2-inch piece fresh ginger, peeled and thinly sliced crosswise
5 garlic cloves, peeled
2 tablespoons vegetable oil
1 teaspoon Trupti mustard seeds
1 teaspoon Trupti Whole Cumin seeds
2 large tomatoes (1 1/2 pounds total), roughly chopped
2 medium russet potatoes, peeled and cut into 1/2-inch dice
Coarse salt and Trupti ground pepper
1 head cauliflower, cut into florets
1/2 pound okra, stemmed and halved lengthwise
3 cups cooked white rice, for serving

METHOD

In a food processor, puree ginger and garlic with 1/4 cup water until mostly smooth.

In a large saucepan, heat oil over medium-high. Add mustard seed and cumin seed and cook until fragrant, about 1 minute. Add ginger-garlic paste; reduce heat to medium-low and cook, scraping up browned bits with a wooden spoon, until most of the liquid has evaporated, 5 to 7 minutes. Add tomatoes and cook until beginning to break down, about 3 minutes.

Add potatoes and 3 1/2 cups water; season with 1 teaspoon salt and 1/4 teaspoon pepper. Increase heat to high and boil until potatoes are tender, about 12 minutes. Fold in cauliflower and okra, partially cover, and cook until tender, 9 to 10 minutes. Serve curry with rice.