

## Recipe

### Cauliflower and Peas Curry

## By

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## Ingredients

2 Tsp ghee/oil  
1.5-inch cinnamon stick  
3-4 cloves  
2 star anise  
½ Tsp fennel seeds  
¼ Tsp yellow asafetida powder  
8-9 fresh curry leaves  
1½ C tomato puree  
½ Tsp brown sugar  
1 Tsp ground coriander  
1½ Tsp salt  
¼ Tsp red chili powder/paprika  
½ Tsp turmeric powder  
1 medium sized cauliflower, cut into flowerets  
1 C fresh or frozen peas  
2½ C water  
1 C yogurt  
2 Tbsp chopped coriander leaves

## Preparation

1. Heat ghee/oil in a saucepan over moderate heat, drop the spices and stir-fry for a while. Sprinkle asafetida and add the curry leaves.
2. Add the tomato puree, brown sugar, ground coriander, salt, chili and turmeric. Stir the spices well and cook partially covered over low heat until ghee/oil comes on top of the tomato-spice mixture.
3. Add the cauliflower, peas and water. Cook covered until the cauliflower is tender.
4. In a small bowl, whisk the yogurt until smooth. Stir in the yogurt and add the coriander leaves to the cauliflower curry and remove the saucepan from heat. Serve hot with chapatis.

## Serves

4-5

**For further details please contact**

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Hare Rama Hare Rama Rama Rama Hare Hare**