Royal Cauliflower

by Anand Lila devi dasi

"Eating prasadam is a nice process of purification."

Ingredients

Big cauliflower cut in florets.....1
Ghee/oil.....3 Tbsp
Cumin seeds.....1 Tsp
Turmeric powder.....1 Tsp
Almonds.....½ C
Fresh coriander leaves.....½ bunch
Ginger grated.....2 Tbsp
Green chilies.....2
Asafetida powder.....¼ Tsp
Cinnamon stick.....1 inch
Cloves.....4
Fennel seeds.....½ Tsp
Coriander powder.....1 Tsp
Amchur powder
(dry mango powder).....½ Tsp
Garam masala.....1 Tsp
Salt.....1 ¼ Tsp
Water.....1 C
Yogurt.....1 C

Preparation

1) Heat 2 Tbsp ghee/oil in a frying pan; add the cumin seeds, when they darken a few shades, add ½ Tsp turmeric powder and quickly drop in the cauliflower pieces. Turning often, cook until tender. Keep aside.

2) Process the almonds, fresh coriander leaves, ginger and green chilies to a smooth paste adding little water if necessary.

3) Heat 1 Tbsp of ghee/oil in a saucepan over moderate heat; add asafetida powder, cinnamon, cloves and fennel seeds. Fry the spices until it gives a nice aroma. Pour the almond-coriander paste. Add ½ Tsp turmeric powder, the remaining spices and salt. Cook on low heat until ghee/oil oozes out from the almond-spice paste. Add the fried cauliflower and water. Bring to a boil, reduce the heat and cook for 5-10 minutes. If you like a thinner sauce, more water can be added. Fold in the yogurt. Take off from the heat. Serve with rice or Indian flatbreads (chapatis).

Serves : Four-Five

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