



## Amorelle Dempster - Slow Food Hunter Valley

### TRIO OF SPICY VEGETABLES - cooking with spice

#### SPICY POTATO

##### Ingredients

- 2 kg cooked potato – diced
- 2 tablespoons of vegetable oil
- 2 medium brown onions cut into thick rings
- 20 curry leaves
- 2 teaspoons of fennel seeds
- 2 teaspoons brown mustard seeds
- ½ teaspoon nigella seeds (optional)
- 1 teaspoon cumin seeds
- ½ teaspoon fenugreek seeds
- ½ teaspoon turmeric powder
- 1 tablespoon crushed chilli (chilli flakes)
- Salt to taste

##### Method

On a medium to low burner, heat ghee or oil in fry pan or wok, then add the onion and cook until golden brown. In a separate pan, add curry leaves, fennel, mustard, nigella, cumin and fenugreek seeds dry roast and keep stirring until the spices are fragrant and the mustard starts to pop. Now add this toasted spice mixture to the onion and add turmeric, salt, potatoes and crushed chilli and heat through. Serve as an accompaniment with roti, rice, grilled meats or fish.

Recipe supplied by Amorelle Dempster Convivium Leader, Slow Food Hunter Valley.

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### **BETROOT CURRY With toasted Fennel seeds**

#### **Ingredients:**

- 3 small beetroots julienne
- 1 brown onion, diced
- 2 cloves of garlic, diced
- 1 x 10cm piece of lemon grass,
- 20 curry leaves
- 1 green chilli
- 1 teaspoon turmeric
- ½ teaspoon fenugreek seeds
- 1 cup of thin coconut milk— ¾ water ¼ cup coconut milk
- Salt to taste
- ½ cup coconut cream
- 1 tablespoon roasted fennel seeds

**Method:** Place all the ingredients in a pan (except the ½ cup of coconut cream and the roasted fennel seeds) bring to the boil and simmer. When the beetroot is cooked add the coconut cream and reheat. Sprinkle the fennel seeds just before serving.

### **SPICY CARROT SAMBAL**

#### **Ingredients:**

- 500G carrots julienned
- 1 brown onion sliced fine
- 1 tablespoon oil
- 1 red chilli sliced
- 20 curry leaves
- Cumin powder
- 1 teaspoon turmeric powder
- ½ teaspoon fennel powder
- 1 cardamom crushed
- 1 piece of cinnamon
- Salt to taste

**Method:** Heat oil on a medium heat in a pan and add carrots and brown onion. Cook until the onions are transparent.

Now add the rest of the ingredients and stir until the carrots are cooked but still retain some crunchiness. Serve with rice and a dollop of yoghurt.