

Navratan Korma 9 Jewel Curry (9 Vegetable Curry) for Bob Bellerue (7 December 2020) by Zahra Poonawala

For free version, head to local market at closing time and pickup any vegetables that are tossed out because too ripe . Remove what is rotten and select vegetables that are nice. Dumpster Diving is great cause you don't need to dive in dumpster in markets or more generally in NYC.

Chose 9 different vegetables. For December EI it will be some wintery vegetables: let's see what there is

It just has to add up to a kilo of cooked vegs for 12 people

- carrots, a bit of pumpkin, mushrooms, turnip, celery, cabbage, cauliflower, one or two potatoes..
- a tin of canned tomatoes
- 2 teaspoons of turmeric powder
- 2 tps of garam masala (which is basically white and black cardamoms, b and white cumin, clove, pepper , nutmeg)
- 4 large onions
- 2 tablespoons of ginger and garlic paste
- 2 teaspoons of chili powder
- 2 teaspoons of coriander powder
- 4 tablespoons of coriander chopped leaves
- 2 teaspoons of cumin powder
- 4 teaspoons of white poppy seeds
- 4 table spoons of dried raisins
- 6 table spoons of unsalted cashew nuts
- 6 table spoons of chopped almonds
- 2 table spoons of unsalted pistachios
- oil, salt
- 50cl of milk
- 6 table spoons of fresh heavy cream
- 400grams of indian cheese (panneer, if you have)

Chop in small cubes and the vegetables.

Precook all the vegetables. Ideally , separately, so it wont become soup. I once borrowed a steam cooker with different levels and cooked them all in one go.

In a pan, heat up oil and quickly toss in the nuts and put them aside.

In the same oil, toss in onions, cumin, ginger garlic and salt. Add garam masala, chili, coriander powder, cumin and salt. Mix during 2 minutes.

Add crushed tomatoes and the golden nuts and cook for 5 minutes very slow heat.

In a non adhesive pan, roast the poppy seeds without oil. Add them to the previous mix. Add the milk and 20cl of water. Bring to a boil and turn heat to lowest till the sauce becomes a bit less liquidy.

Toss some indian cheese cubes in a bit of oil and add them in the sauce.

Finally, add the vegetables you cooked, mix so the sauce covers them and warm during 10 minutes.

Serve with fresh coriander, a bit of heavy cream and more nuts for decoration.

Serve with rice.



Desert = Cremes au chocolat for 12 people (no eggs)

- 40grams of organic cornstarch
- half a cup of unsweetened cocoa powder
- 4 cups of whole milk
- 1 cup of heavy cream
- half a cup of granulated sugar

in a bowl mix the cornstarch and chocolate in a cup of milk

in a pan that goes on the stove pour the rest of milk , cream and sugar and mix non stop till it boils

add the diluted cornstarch and cocoa powder onto the stove and mix for couple of more minutes

Remove and pour in small bowls

Let them cool down and put in fridge