

VEGETABLE KORMA CURRY

- 2 onions
- $\frac{3}{4}$ cup desiccated coconut
- $\frac{1}{3}$ cup natural yoghurt
- 1 can coconut cream (400ml)
- 300ml vegetable stock
- 2 tsp caster sugar
- 1 tsp ground cardamon
- 1 tsp ground cinnamon
- 1 tsp garam masala
- 4 tbsp vegetable oil
- 1 tsp ground coriander
- 3 bay leaves
- 50g grated ginger
- 6 garlic cloves
- salt & pepper
- 3 capsicum
- 2 carrots
- 1 sweet potato
- 500g pumpkin
- 200g cauliflower
- $\frac{1}{2}$ cup dried apricots
- $\frac{1}{2}$ cup frozen peas

1. In your mortar & pestle add 4 cloves of garlic crushed, a 5 cm piece or grated ginger and sugar, grind to make a smooth paste, adding a small amount of water to mix paste together. Set aside.

2. Place a large frying pan on the stove on a medium heat, add oil, ground coriander, cinnamon, bay leaves and cardamon. Saute for 2 mins.

3. Chop onions and add to fry pan. Cook until soft.

4. Remove the large spices & leaves, now add all ingredients from fry pan to mortar and pestle and grind again.

5. Chop pumpkin and sweet potato into 1 cm cubes

6. Place pumpkin and sweet potato into the fry pan with vegie stock, salt & pepper, and bring to boil then simmer, until just soft.

7. Chop carrots into half moons, add to fry pan

8. Chop capsicum and cauliflower into about 2cm cubes, add to fry pan.

9. Add the blended mixture from mortar & pestle to fry pan, mix through.

10. Now add coconut cream, yoghurt, desiccated coconut and garam masala to frying pan.

11. Finally add frozen peas and chopped apricots. Let cook further until add vegetables are soft.

12. Serve in 2 bowls.