

Cauliflower, Potatoes, and Red Bell Pepper
(Sukha Gobi Alu Aur Mirch)
from *The Indian Vegetarian*, Neelam Batra

1 ½ T. vegetable oil	1-3 hot peppers
¾ t. cumin seeds	1 T. ground coriander
1 t. ground cumin	½ t. turmeric
salt	

1 head cauliflower, cut into small florets
1-2 medium size potatoes, cut into bite size pieces
½ cup finely diced sweet red pepper
1 T. peeled and minced fresh ginger
½ c. loosely packed finely chopped cilantro
¼ c. water

garam masala
chopped fresh cilantro

Heat the oil in a large wok or saucepan over medium-high heat, then cook the peppers stirring, for 1 minute. Puncture the skin of the peppers to keep them from popping, but don't slice them—they will infuse the oil with their flavor without making the dish too spicy. Stir in the cumin seeds, ground coriander, cumin, turmeric, and salt. Then add the cauliflower, potatoes, bell pepper, ginger, cilantro, and water. Cover the pan and cook 4 to 5 minutes, then reduce the heat to medium-low and continue cooking until the potatoes are soft, 30 to 40 minutes. The earlier that you remove the peppers, the less hot the final dish will be. Stir gently as necessary. Transfer the vegetables to a serving dish, garnish with the garam masala and cilantro, and serve hot as a side dish. I like to serve it with humus and pita bread and make a sandwich out of it.

This is our favorite way to use cauliflower—enjoy!