

MEALS OF MEMORY
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Veggie delights

Are you getting bored with your vegetable dishes? If you are, maybe it's because you are cooking the same vegetables the same way every time. Let's go over the different methods of cooking vegetables and pick up some new recipe ideas along the way.

VEGETABLE IN THAI RED CURRY

Ingredients

4 medium sized carrots
 1 medium sized capsicum
 1/2 small sized cauliflower
 1/2 small sized cabbage
 100gms French beans
 4 tbsp roasted peanuts
 1 tbsp oil
 1 tsp lemon juice

3/4 cup thin coconut milk
 100g bean sprouts
 Salt to taste
 For red curry paste —
 4 inch stalks of lemon grass
 2 medium sized onion
 4 cloves garlic
 8 red chillies whole
 4 tsp coriander seeds
 2 tsp cumin seeds
 6 peppercorns
 Salt to taste

Method

Wash and peel carrots and cut into 1cm by 3cm long sticks. Wash capsicum, halve, deseed and cut into 1cm by 3cm long

pieces. Wash and cut cauliflower into small florets. Wash and cut cabbages into 1cm sized pieces. Wash and string French beans and cut into 3cm long pieces. Crush roasted peanuts coarsely.

To make red curry paste — wash lemon grass, chop onion and garlic. Mix whole red chillies, lemon grass, coriander and cumin seeds, peppercorn, chopped onion and garlic, salt and a little water, grind into a fine paste. Heat oil in a non stick pan and add carrots, cauliflower, French beans and half a cup of water. Let it cook on medium heat for 5 to 6 minutes, stirring occasionally. Add cabbage and capsicum, mix well. Add red curry paste, stir well.

