

Kitchen Garden at Collingwood College Term 1, week 2, 2018

Recipe: Curry; Potato, Sweet Potato, Greens, Zucchini & Tomato

Volunteer notes: The diced potatoes will be cut ready to start the curry, once the curry is cooking go back to peeling and dicing the potatoes for the next class. Cook on top of the stove so the potato cubes do not break apart.

Approximate cooking time once all ingredients are in the pan – 20 mins.

From our garden-zucchini (Blackjack), Purple Congo Potatoes, Purple Dargo Potatoes, Rainbow chard, Silver-beet, Beetroot leaves, parsley

What to collect	What to do
1 Thick bottomed wide pot About 6 large potatoes & 2 sweet potatoes (bowl cold water) 1 onion 2 cloves garlic 1 3cm knob ginger Microplane, wooden spoon	<ul style="list-style-type: none"> • Use diced potatoes that are ready in your section. • Fine dice onion, garlic and grate the ginger with a microplane.
Spices such as: $\frac{1}{4}$ sp Chillie flakes 2 tsp ground cumin 1 tsp ground coriander 1 tsp ground turmeric 1 tsp brown mustard seeds	<ul style="list-style-type: none"> • Measure spices into a bowl.
60 ml vegetable oil or XV Olive oil 1 tin crushed tomato OR 6 x chopped very ripe tomatoes Water to just cover curry Measuring jug/spoons 1-2 zucchini-washed & cut into $\frac{1}{2}$. Slice crescents into $\frac{1}{2}$ cm pieces.	<ul style="list-style-type: none"> • In a large thick-bottomed pan, heat vegetable oil until smoking. Carefully & quickly fry the spices (DON'T BURN) then add onion, garlic, and ginger, sauté again. Add potatoes, tin tomato/tomatoes, water to just cover. Once curry is bubbling, simmer and cover with lid. • Cook 10 minutes and then add zucchini. • Simmer another 10 mins.
Big handful of flat leaf parsley Coriander Silver beet, Spinach, chard, small borage leaves Salt to taste	<ul style="list-style-type: none"> • Pick, wash / slice herbs and greens. • Add to dish 2 minutes before serving and stir through. Taste for salt. • Serve into 3-4 bowls with spoons. • After dish is assembled peel, dice potatoes/sweet potatoes & leave in cold water for next class.