

# Cauliflower in Fenugreek (Methi) Leaves

## Also Known As

<b>Course</b>	<b>Yield</b>	<b>Type of Food</b>	<b>Main Ingredient</b>
Side Dish	4 servings	Vegetable	Vegetable

### Comments

I prepared this dish on Rita Hiekenfeld's TV program, "Love Starts in the Kitchen". Rita is one of Cincinnati's foodie treasures.

**Prep Time** 10 minutes      **Cooking Time** 20 - 25 minutes      **Ethnic Origin** Indian

1/8=.125   1/4=.25   1/3=.33   3/8=.375   1/2=.5   5/8=.625   2/3=.66   3/4=.75   7/8=.875

		<b>Pre-Heat?</b> <input type="checkbox"/> Yes	<b>Temperature</b>	<b>Grease Pan?</b> <input type="checkbox"/> Yes	
<b>Measure</b>	<b>Ingredient</b>			<b>Measure</b>	<b>Ingredient</b>
1	medium cauliflower broken into flowerets				chili powder to taste
1	bunch fenugreek (methi) leaves			2 Tbs.	water
2	Tbs. vegetable or olive oil				
1	tsp. minced garlic fresh or dried				
1	small minced onion fresh or dried				
3	green chilis minced				
1	tsp. ground cumin				
1	tsp. coriander powder				
.5	tsp. turmeric powder				
1	large tomato diced				
1	handful cilantro chopped				
	salt to taste				

### Instructions

Slice fenugreek leaves.

Heat oil and cook onion until soft.

Add fenugreek leaves, garlic and chilies, and cook until almost dry.

Add tomatoes and remaining ingredients (except cauliflower) and cook until tomatoes are soft.

Mash mixture with the back of a wooden spoon, then add cauliflower.

Add two tablespoons water to pan, cover, and simmer over low heat until cauliflower is done.