

Cauliflower and Red Lentil Curry

Also Known As

Course	Yield	Type of Food	Main Ingredient
Entrée	4 servings	Vegetarian	

Comments

A great vegetarian choice for a cool or cold night dinner.

Prep Time Cooking Time 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

Pre-Heat? <input type="checkbox"/> Yes		Temperature	Grease Pan? <input type="checkbox"/> Yes	
Measure	Ingredient		Measure	Ingredient
.5 cup	red lentils, rinsed		2 tsp.	minced fresh ginger
1 small	onion, chopped		.25 tsp.	cayenne pepper
2 tsp.	Madras curry powder		2 Tbs.	fresh lemon juice
.5 tsp.	sea salt		1 Tbs.	chopped fresh cilantro
.25 tsp.	turmeric		1 tsp.	sugar
4	plum tomatoes, chopped			
4 cups	cauliflower florets			
1	jalapeno pepper, halved, seeded, thinly sliced			
1 Tbs.	vegetable oil			
1 Tbs.	cumin seeds			
3 cloves	garlic, minced			

Instructions

In a large saucepan over low heat, combine lentils, onions, curry powder, salt, turmeric, and 2 cups water; bring to a simmer.

Cover and cook, stirring occasionally, until the lentils are soft and the sauce has thickened, about 45 minutes. Add tomatoes, cauliflower, and jalapeno peppers and simmer, covered, until the cauliflower is tender, 8 to 10 minutes longer.

Remove from heat.

Heat oil in a small skillet over medium-high heat.

Add cumin seeds and cook for about 10 seconds.

Add garlic and ginger; saute until the garlic is lightly browned, about 1 minute.

Stir in cayenne and immediately add the oil-spice mixture to the cauliflower mixture.

Stir in lemon juice, cilantro, and sugar.

Taste and adjust seasonings with additional salt and cayenne.

Serve over rice.