

Cauliflower and Dhal Curry

Season: Spring

Type: Main

Serves: 32 tastings

From the garden: Cauliflower

Class focus: Cutting cauliflower into florets



Equipment:	Ingredients:
<p>Large saucepan & lid x 1 Wooden spoon x 1 Chopping boards and knives Measuring cups Measuring spoons Serving bowl x 5 Small ladle x 5</p>	<p>3 tablespoons canola oil ½ onion (finely chopped) 2 cloves garlic (finely chopped) 1 cauliflower (cut into small florets) 1 carrot (skin-on, cut into 1cm cubes) 1 teaspoon ground ginger 1 teaspoon turmeric powder 1 tablespoon garam masala</p> <p>1 cup chana dhal (<i>split chickpeas</i>) 4 cups hot water from the kettle Juice of ¼ lemon 1 sprig curry leaves ¾ teaspoon salt</p>

What to do:

1. Wash all the vegetables.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put the first 8 ingredients in a large saucepan and cook over medium-high heat for 5 minutes.
4. Add the next 5 ingredients.
5. Bring it to the boil, put the lid on, turn the heat to low and simmer until dhal is softened, about 25 minutes. Remove from heat.
6. Serve into 5 large serving bowls with a ladle in each.