

CURRY DISH

with cauliflower, broccoli,
sweet potato and mango



Time and again, Jochen Lotz, the head of our teaching kitchen, conjures up amazing dishes with sophisticated combinations that delight the palate in a whole new way. Especially for the readers of our newsletter, he has put together a colorful dish for the first cool days of October: a tasty vegetable recipe with a fresh Asian touch.

You and your palate will be surprised!

Ingredients for 4 people:

- One small cauliflower
- 300–400 g broccoli
- One sweet potato (batata)
- One ripe mango
- 100–150 ml coconut milk
- 1–2 tsp lemon juice
- 2 tsp rice flour or coconut flour
- 1–2 tbsp Ghee
- 1/2 tsp yellow or black mustard seeds
- 1/2 tsp whole cumin
- 1 cinnamon stick
- 1/4 cardamom
- 1/4 tsp fresh turmeric or turmeric powder
- 1/2–1 tsp fresh ginger
- 2–3 pinches of asafoetida
- a few pinches of black pepper
- nutmeg
- saffron
- rock salt



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Preparation:

Wash the cauliflower and broccoli well and cut into florets. Peel the sweet potato and mango, dice both. Mash one half of the mango.

Heat the Ghee in a frying pan. Add the mustard seeds and cumin seeds and when they start to pop, reduce the heat. Then add the cinnamon stick and ginger, turmeric, cardamom, pepper and asafoetida. Wait a moment for the aroma of the spices to develop. Now add the diced sweet potato to the spices, salt a little and stir well.

Cover the pan with a lid and steam the sweet potato for 3-4 minutes at low temperature.

Meanwhile, boil the cauliflower in salted water for two minutes, then add the broccoli and simmer gently for another 2 minutes. The cauliflower and broccoli should remain firm to the bite.

In a separate pan, heat the coconut milk with the pureed mango and 2 tablespoons of water. Add a few crushed threads of saffron, bring to the boil briefly. Drain the cauliflower and broccoli and add to the pan. Now add the sweet potato with the spices and the diced mango. Stir in a few pinches of grated nutmeg and some more black pepper, if desired. Season to taste with lemon juice and salt.

If the sauce is too thin, mix rice flour or coconut flour in cold water if needed and add to the prepared dish.



Recipe and photos: Jochen Lotz

Bon appetit!