



Earth Day Coconut Curried Cauliflower and Carrots
Presented by Kelly Wangard
Executive Chef SummerWood Winery & Inn

For the Cauliflower and Carrots:

- 3 carrots, peeled and sliced 1/8 inch thick
- 1 whole cauliflower, core removed and sliced
- 1 teaspoon salt
- 2 TBL olive oil

Place vegetables on a baking sheet and drizzle with the oil and sprinkle with the salt. Bake at 400° for 10 minutes or until a few golden brown edges. Don't overcook.

For the Curry Sauce:

- ¼ cup olive oil
- 1 yellow onion, diced small
- ½ cup fresh ginger chopped or 1 small knob chopped with skin on
- 1 teaspoon mustard seeds, yellow, black or brown
- 1 teaspoon fennel seeds
- 1 teaspoon cardamom pods
- 2 teaspoons cumin
- 2 cups diced tomatoes
- 1 can coconut milk (14 oz.)
- 1 teaspoon salt

In a saucepan, add the olive oil and the onion and ginger. Cook for 5 minutes or until a very light golden brown. Add all of the spices: mustard, cumin, fennel, and cardamom. Stir for 1 minute. Add the tomatoes and coconut milk. Fill the empty can of coconut milk half full with water and add to the pan. Season with salt. Bring to a boil and then lower to a simmer. Simmer for 10 minutes and then purée with a blender.

Pour 2 cups of the curry sauce over vegetables and toss. Serve over rice or as they are. Substitute any seasonal vegetable. Garnish with sliced chilies and cilantro if desired.

Serves 4