



Potato Coconut Curry Recipe

Shared by: Food Not Bombs Kitchener

Flexible ingredients: *this recipe is flexible and can use a range of different vegetables, so you can substitute in whatever veggies you think might taste best to you!*

Serving quantity: about 12 servings (*serving quantity is for a large pot of curry, to feed many people! Can divide the recipe for smaller portions as preferred*)



To see a video with this recipe being made, go to: www.youtube.com/watch?v=uGrXt66cjGo

Ingredients

- ½ cup cooking oil
- 12 small onions
- 12 small potatoes
- other vegetables (should fill the pot ½ to ¾ full after liquids are added)
 - zucchini, spinach, other soft green veggies
 - carrots, turnips, other root vegetables
 - cauliflower
 - a few apples for sweetness if available



- 2 cans coconut milk if available (or can use coconut powder)
- 2 cans of chickpeas
- ¼ cup curry powder
- ¼ cup turmeric
- ¼ cup garlic powder
- additional spices as desired, such as cumin or paprika
- ¼ cup salt
- 2 tbsp lemon juice (or other acidic substitute, such as vinegar)

Directions

Note: *As you cook, add curry powder, turmeric, garlic powder, and any other spices in small quantities throughout, to taste. If cooking dry lentils, cook them separately in boiling water for about 30 minutes, then dump into the curry pot.*

Step 1. Sauté the onions in cooking oil.

- *Alternatively, sweat onions on low heat.*
- *Another method is to cook onions in a cast iron pan in oil and a small amount of spice, then transfer the onions to an empty pot.*

Step 2. Add curry powder, turmeric, and garlic powder and cook for a couple of minutes

Step 3. Start sautéing the potatoes and other long-cooking root vegetables, for instance in a cast iron pan. Add small amounts of spices and stir regularly.

Step 4. Add potatoes to a larger pot. Once you can no longer see the bottom of the pot, add cold water until you cover the vegetables and turn the heat to medium-high.

Step 5. Add other vegetables, beginning with the ones that take the longest to cook.

Step 6. Add chickpeas or beans (if canned), or cooked lentils, and salt.



Step 7. Add water as needed and cook down until it's a nice, thick consistency.

Step 8. Add coconut milk and lemon or lime juice, if desired, at the very end.

Step 9. Taste curry and add salt if required.



Finished potato coconut curry, with a nice thick consistency and rich yellow colour

Enjoy!