

Sweetcorn curry

1 bag frozen corn off the cob

2 pints water

1 teaspoon salt

30 ml oil

1 teaspoon mustard seeds

1 teaspoon cumin seeds

1 cup gram flour

1/2 teaspoons turmeric powder

1/2 teaspoon red chilli powder

1 teaspoon salt

1 inch knot ginger - grated

1 cup tinned chopped tomatoes

2 cups yoghurt

1 tablespoon dedicated coconut

Method

1. Set corn to boil in 2 pints salty water for 30 minutes- or until grains are tender
2. In another pan, heat oil & add mustard & cumin seeds - when they start spitting add the gram flour. Sauté till resembles wet sand & is golden brown in colour
3. Add the turmeric powder, red chilli powder, salt, ginger, & tomatoes - gently stir till gram flour absorbs the tomato juices
4. Stir in the yoghurt & coconut - simmer for 5 minutes- add 1/2 cup water if required, the mixture should be a thick paste consistency- not be dry
5. Add the boiled corn & water - simmer for 10 minutes, stirring occasionally
6. Serve hot with boiled rice or nan bread

Allergens:

Mustard seeds

Milk