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Vegetarian CURRY MADE EASY

Braised Mushrooms

Braised Potato Curry

Braised Pumpkin | Butternut | Squash

Braised Brinjal /Aubergine

Braised Cabbage

Braised Green Beans

Braised Cauliflower

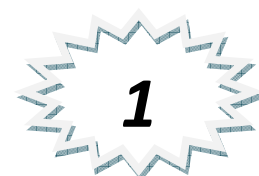
E-mail: info@proudlyindian.co.za

Presented By

Kesendree & Evelyn Freddy

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Braised Mushrooms



INGREDIENTS

- 500g Mushrooms
- 1 Chopped Onion
- 2 Elachie Pods
- 2 Stick Cinnamon
- 1 teaspoon Salt (Salt to taste)
- 1 teaspoon Ginger/Garlic Paste
- 2 Cloves
- 75ml Oil
- 2 teaspoons Curry Powder
- 1 teaspoon Turmeric Powder
- 1 teaspoon Jeera Powder
- 1 teaspoon Dhania Powder
- 1 Tomato
- Curry Leaves

METHOD

- Wash mushrooms and rinse.
- Slice mushrooms into pieces.
- Heat oil in a pot and braise (fry) Onions, Cinnamon Sticks, Elachi, Cloves until golden brown.
- Add Turmeric Powder, Curry Powder, Ginger & Garlic, Mushrooms and chopped tomatoes. Lastly add the Curry Leaves.
- Cook on moderate heat until all water evaporated.
- Stir and garnish with Dhania Leaves.

Serving Ideas: Serve with cooked Rice, Bread or Roti.

Braised Potato Curry



INGREDIENTS

- 6 Potatoes
- 1 Onion Slice
- 2 teaspoons Curry Powder
- 1 teaspoon Turmeric Powder
- 75ml Oil
- 1 teaspoon Salt
- 1 Cup Water 250ml
- Curry Leaves and Dhania Leaves

METHOD

- Peel potatoes and cut into cubes.
- Heat oil and add onions until golden brown.
- Add Curry Powder, Salt, and Curry Leaves.
- Add Water
- Optional – Handful of green peas.
- Cook on moderate heat until the potatoes are soft.
- Stir and add Dhania Leaves on top.

Braised Pumpkin | Butternut | Squash



3

INGREDIENTS

- 1 Pumpkin (500g) - Butternut or Squash
- 25ml Oil
- 1 teaspoon Mustard Seeds
- 1 teaspoon Salt
- 1 teaspoon Jeera Seeds
- 6 Dried Chilies or Green Chilies
- 4 teaspoons Sugar
- 1 Chopped Onion
- Few Curry leaves and few Dhania Leaves

METHOD

- Skin the Pumpkin, Squash or Butternut.
- Remove seeds and cut into cubes.
- Wash and drain.
- Heat Oil; add Onion, Dry Chilies, Mustard Seed and Cumin Seeds.
- Fry until golden brown, add Pumpkin and Salt, Sprinkle sugar and stir.
- Cook on low heat until soft.
- Stir and sprinkle with Dhania.

Braised Brinjal /Aubergine



INGREDIENTS

- ½ Kg Brinjal
- 50ml Oil
- 1 Tablespoon Curry Powder
- ¼ teaspoon Crushed Garlic
- 1 Onion
- 1 teaspoon Turmeric Powder
- Curry leaves and Dhania Leaves
- 1 teaspoon Jeera Seeds
- 1 Large Tomatoes

METHOD

- Wash and cut Brinjal into 4 long fingers.
- Heat Oil, add chopped Onion, Turmeric Powder, Curry Powder, Crushed Garlic, Jeera Seeds and Curry Leaves.
- Fry until golden brown, add Brinjal, salt and cook on low heat.
- Add tomatoes and cook until tomatoes are absorbed into the curry.
- Garnish with Dhania Leaves.

- Serving Ideas: Serve with cooked Rice or Bread

Braised Cabbage



INGREDIENTS

- 1 Small Cabbage (White or Red Cabbage)
- 125ml Oil
- 1 teaspoon Mustard Seeds
- 6 Dried Chilies
- 2 teaspoons Sugar
- 1 teaspoon Jeera Seeds
- 1 teaspoon Ginger and Garlic Paste
- 1 small Onion
- 1 teaspoon Salt
- Curry Leaves and Dhania Leaves

METHOD

- Slice Cabbage.
- Wash and drain out water.
- Heat Oil; add Onions, Mustard Seeds, Jeera Seeds, and Dry Chilies.
- Now add your Cabbage.
- Mix well; then add Salt, Sugar and Curry Leaves.
- Cook until soft BUT NOT mushy.
- Water must be evaporated.
- Salt to taste.
- Garnish with Dhania.

Cooking Time: 20mins

Braised Green Beans



6

INGREDIENTS

- 500g Green Beans
- 75ml Oil
- 1 Stick Cinnamon
- 2 Cloves
- 2-3 Elachie Pods
- 2 teaspoon Curry Powder
- 1 teaspoon Turmeric Powder
- 1 teaspoon Salt
- 1 Onion (Chopped)
- ½ Tomato
- ¼ Teaspoon Ginger & Garlic Paste
- ½ teaspoon Sugar
- Curry Leaves and Dhania

METHOD

- Wash and cut Green Beans (Sideways into small pieces).
- Heat Oil; Fry chopped Onion, Cinnamon Stick, Elachie and Cloves.
- Add Turmeric Powder, Curry Powder, Salt, Ginger & Garlic paste. Stir Well.
- Add Green Beans and stir.
- Add tomato
- Cook to desired crispness or ±20 mins.
- Sprinkle Dhania Leaves.

Optional: Green beans can be cooked with peas.

Serving Ideas: Serve with cooked Rice, Bread or Roti.

Braised Cauliflower



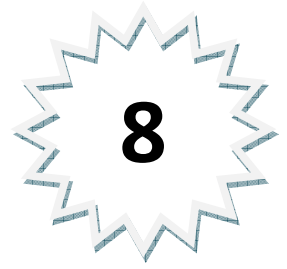
INGREDIENTS

- 1 Small Cauliflower
- 75ml Oil
- 1 Chopped Onion
- 2 teaspoons Curry Powder
- 1 teaspoon Turmeric Powder
- 1 teaspoon Salt
- Curry Leaves
- Dhania Leaves

METHOD

- Clean and cut the Cauliflower.
- Rinse and remove the water.
- Heat Oil, add Onions, Turmeric Powder, Curry Powder, Salt and Curry Leaves.
- Stir and then add Cauliflower. Cook on moderate heat until soft.
- Garnish with Dhania.




INGREDIENTS



Also known as:

- Dhania Powder - Coriander
- Dhania Leaves - Coriander Leaves
- Jeera Powder - Cumin Powder
- Elaichi Pods - Cardamom
- Brinjal - Aubergine

Dhania Leaves Coriander Leaves	Cinnamon Sticks	Elachie Pods Cardamom Pods
		

Jeera Seeds	Turmeric Powder	Curry Leaves
		

Bay Leaves	Curry Powder	Mustard Seeds
		

Dry Chilies	Cloves	
		

Teaspoons	Cups	Tablespoons
2 ml - ¼ tsp	60 ml - ¼ cup	15 ml - 1 Tbsp
3 ml - ½ tsp	80 ml - 1/3 cup	30 ml - 2 Tbsp
5 ml - 1 tsp	125 ml - ½ cup	45 ml - 3 Tbsp
10 ml - 2 tsp	160 ml - 2/3 cup	
20 ml - 4 tsp	200 ml - ¾ cup	
	250 ml - 1 cup	

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