

Coconut-Vegetable Curry

SUSAN FENIGER BON APPÉTIT OCTOBER 2007

Yield Makes 6 main-course servings

Ingredients

Vegetables:

5 tablespoons Clarified Butter , divided

1 med. onion, diced

8 fresh okra pods

4 Ping Tung eggplants, trimmed, each quartered lengthwise

2 large carrots (about 10 ounces), peeled, cut on diagonal into 1/4-inch-thick ovals

1 1/2 pounds tomatoes, cored, cubed

Sauce:

5 tablespoons Clarified Butter

1 pound white onions, chopped

1 tablespoon minced peeled fresh ginger

2 large garlic clove, chopped

2 1/2 teaspoons chopped fresh cilantro

1 1/2 teaspoons black mustard seeds (or brown)

1 teaspoon turmeric

1/2 teaspoon fenugreek seeds***

1/2 teaspoon cayenne pepper

1 tb curry powder

1 1/2 to 2 teaspoons coarse kosher salt

3 1/2 cups canned unsweetened coconut milk (preferably organic)

1/4 cup fresh lime juice

Basmati rice or Savory Semolina

Preparation

For vegetables:

Heat 1 tablespoon butter in large nonstick skillet over medium-high heat. Add onions; sauté until golden, about 2 minutes. Reduce heat to low and sauté until onions are just tender, about 8 minutes. Transfer onions to bowl. Heat 1 tablespoon butter in same skillet over medium-high heat. Add okra; sauté until crisp-tender, about 3 minutes. Add okra to bowl with onions. Heat 1 tablespoon butter in same skillet over medium-high heat. Add eggplants; sprinkle with salt and pepper. Sauté eggplants until brown on cut surfaces and just tender, about 6 minutes. Add eggplant to onions. Melt remaining 2 tablespoons butter in same skillet. Add carrots. Sauté until carrots begin to soften, about 3 minutes. Add tomatoes and stir to blend; add to vegetable mixture in bowl. Reserve skillet for sauce.

For sauce:

Heat butter in reserved skillet over medium-high heat. Add chopped onions and sauté until golden, about 14 minutes. Reduce heat to medium. Add ginger and garlic; sauté 1 minute. Add mustard seeds, curry powder, turmeric, fenugreek, and cayenne; sauté 1 minute. Add vegetable mixture and 1 teaspoons salt. Add coconut milk and bring to simmer. Reduce heat to medium-low and simmer uncovered until vegetables are just tender, stirring occasionally, about 8 minutes. Mix in lime juice and cilantro. Season to taste with salt and pepper.

Transfer curry to bowl. Serve over basmati rice or Savory Semolina.

*Also known as kari patta; available at Indian markets.

***Available at Indian and Middle Eastern markets.