

## Vegetable Korma

The blending of spices produces a subtle, aromatic curry.

### Ingredients

50g / 2oz / 4 tbsp butter
2 onions, sliced
2 garlic cloves, crushed
2.5cm / 1in piece of fresh root ginger, grated
5ml / 1 tsp ground cumin
15ml / 1 tbsp ground coriander
6 cardamom pods
5cm / 2in cinnamon stick
5ml / 1 tsp ground turmeric
1 fresh red chilli, seeded and finely chopped
1 potato, peeled and cut into 2.5cm / 1in cubes
1 small aubergine, chopped
115g / 4oz / 2 ½ cups mushrooms, sliced
115g / 4oz French beans, cut into 2.5cm / 1in lengths
60ml / 4 tbsp natural yogurt
150ml / ¼ pint / 2/3 cup double cream
5ml / 1 tsp garam masala
salt and freshly ground black pepper
poppadums, to serve
sprigs of fresh coriander, to garnish

Serves 4

### Step One

Melt the butter in a heavy-based saucepan. Add the onions and cook for 5 minutes, until soft. Add the garlic and ginger and cook for 2 minutes, then stir in the cumin, coriander, cardamoms, cinnamon stick, turmeric and chilli. Cook, stirring over a gentle heat, for 30 seconds.

### Step Two

Add the potato, aubergine and mushrooms and about 175ml / 6 fl oz / ¾ cup water. Cover the pan, bring to the boil, then lower the heat and simmer for 15 minutes. Add the beans and cook, uncovered for 5 minutes.

### Step Three

With a slotted spoon, remove vegetables to a warmed serving dish and keep hot. Allow the cooking liquid to bubble up until it reduces a little. Season with salt and pepper, then stir in the yogurt, cream and garam masala. Pour the sauce over the vegetables and garnish with coriander. Serve with poppadums.