

Whole Curried Cauliflower (Puri Phulgobi)

1 large cauliflower, whole
2 whole cloves
½–1 tsp. cayenne

3 Tbsp. vegetable oil
1 cup minced onions
2 tsp. minced garlic
1½ Tbsp. minced fresh ginger
2 Tbsp. coriander powder
1 tsp. crushed cumin seeds
¼ tsp. turmeric powder
4 tomatoes, peeled, seeded and diced
or 1 15 oz. can diced tomatoes with
juice
1 tsp. paprika
¼ tsp. cumin powder
¼ tsp. powdered cloves
¼ tsp. cinnamon powder
¼ tsp. cardamom powder

2 Tbsp. vegetable oil
3 medium potatoes, peeled and cut
into 2 x 1-inch wedges
3 carrots, peeled and cut into
2 x ½-inch wedges

3 Tbsp. chopped coriander leaves
(cilantro) or watercress

Parboil the cauliflower (5 minutes) with the whole cloves and cayenne. Drain.

In a deep pan, heat 3 Tbsp. oil and fry the onions until brown. Add garlic and ginger and fry 3 to 5 minutes. Add the coriander powder, cumin seeds and turmeric and fry 1 minute. Add tomatoes and cook, stirring often, until tomatoes are mashed. Place cauliflower gently in pan and spoon the tomato mixture over it. Sprinkle a few teaspoons of warm water on top, cover and cook over medium heat for 10 minutes. Add paprika, cumin powder, cloves, cinnamon and cardamom and stir gently. Turn cauliflower over and fry, uncovered, over moderate heat until the top is light brown.

Meanwhile, parboil potato and carrot wedges. Drain. Heat 2 Tbsp. oil and fry them until crisp and brown. Drain and keep warm.

When cauliflower is browned, place in a flat dish and surround it with the potatoes and carrots. Spoon tomato mixture over all and garnish with coriander leaves.

8 servings

Per serving: 198 calories; 5g protein; 25g fat; 9g carbohydrate; 0mg cholesterol

**Source: *Good Cooking from India* by Shahnaz Mehta with Joan Bravo Korenblit (Gramercy Publishing Company, 1981), ISBN 0517476681
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