

Cauliflower and Scallions with Black Mustard Seed

Category: Indian

Servings: 4

Rating: 10

Source: Classic Indian Cooking

Description:

Ingredients:

cauliflower	1 small head
green onion	2 bunches
vegetable oil	4 tablespoon light
black mustard seeds	1/2 teaspoon
urad dal	1 teaspoon
turmeric	1/2 teaspoon
jalapeno pepper	2
coarse salt	1/2 tablespoon
kari leaves	8 dry, slightly crushed

Instructions:

Separate the cauliflower into florets and wash and drain them. Chop the green onions into 1/3" pieces. Measure out the spices, the vegetables, and 1/4 cup of hot water and place near the stove.

Heat 3 tablespoons of the oil over high heat. When the oil is very hot, add the mustard seeds. When the seeds are spluttering, add the urad dal. When the beans are light brown, add the turmeric, chilies, salt, and green onions, stirring rapidly. Sauté briefly and add the cauliflower, stirring to distribute the spices and onions. Add the water, cover, and simmer for about 10 minutes. Uncover and increase the heat to medium and stir fry until all liquid has evaporated. Add up to 1 tablespoon of oil and brown the cauliflower. Add the Kari leaves and stir and serve immediately.