

Desley's Mum's Silverbeet, Potato & Tomato Curry

Season: Autumn

Makes: 30 tastes in the classroom
or 6 at home

Fresh from the garden: coriander, garlic, ginger, onions, parsley, potatoes, silverbeet, tomato

Recipe source: This recipe is from Stephanie Alexander's *Kitchen Garden Cooking with Kids* (Penguin Lantern 2006), based on an original by Desley's mum!

To save time the potatoes may already be prepared for you, so you will need to prepare them for the next class. This involves peeling the potatoes, chopping them, then leaving them to soak in cold water. You can do this while waiting for the curry to cook.

Note: Feel free to add or substitute herbs based on what is available.

Equipment:

clean tea towel
chopping board
knives – 1 small, 1 cook's
vegetable peeler
metric measuring spoons and
cups
bowls – 1 medium, 1 large
small non-stick frying pan
mortar and pestle
colander
heavy-based frying pan
(or saucepan) with 6 cm sides
and lid
wooden spoon
salad spinner
serving bowl

Ingredients:

6 large potatoes, peeled and chopped into 2
cm cubes
1 tsp cumin seeds
1 tsp brown mustard seeds
½ tsp chilli flakes
6 curry leaves
½ tsp ground turmeric
¼ cup olive oil
1 onion, peeled and chopped
15 cm piece fresh ginger, peeled and
chopped
2 garlic cloves, peeled and chopped
400 g can chopped tomatoes, or 6 fresh
big bunch (about 18) silverbeet leaves, sliced
salt
6 stems coriander, roughly chopped
10 sprigs parsley, roughly chopped



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place the potatoes in the large bowl and cover with water.
3. Heat the small frying pan over a medium heat. Toast the cumin seeds in the dry pan until they smell fragrant. Tip the seeds into the mortar.
4. Toast the coriander seeds in the same pan until they smell fragrant. Add these seeds to the mortar.



5. Toast the mustard seeds until they start to pop, then add them to the mortar.
6. Crush the seeds to a coarse powder using the pestle.
7. Add the chilli flakes, crumbed curry leaves and turmeric to the crushed spices, and stir to combine.
8. Place the colander in the sink. Tip the potatoes and water into the colander to drain.
9. Heat the oil in the heavy-based frying pan over a medium heat and add the onion, ginger and garlic. Fry, stirring with the wooden spoon for a few minutes until softened.
10. Add the crushed spices from the mortar, the potatoes, and the tin of undrained tomatoes. Stir with the wooden spoon to combine and add just enough water to barely cover.
11. Cover tightly with the lid and reduce the heat to a simmer. Cook for 25 minutes.
12. Meanwhile, separate the silverbeet leaves from their stems by slicing along each side of the thick central stem. Place the stems in the compost bucket. Rinse the silverbeet leaves and dry in the salad spinner. Roll the leaves into a loose bunch, then shred with the cook's knife. Place the shredded leaves in the medium bowl.
13. Check that the potatoes are tender, taste and add salt if necessary.
14. Add the silverbeet leaves, cover and cook for 10 minutes.
15. Transfer the hot curry to the serving bowl. Sprinkle the chopped parsley and coriander over the top.

