
KITCHEN CONNAISSEUR

Potato and Vegetable Jalfrezi



A Jalfrezi is an Indian version of Chinese stir-fry made with spices used in curries. What I like best about this recipe is that it can be adjusted to use almost any vegetable. Here we have used cauliflower and chick peas, but carrots, broccoli, peas, squash and beans would be just as good! So let your imagination go with this one. It is a good opportunity to utilize everything and anything in the pantry or the crisper!

Makes 6 Servings

ingredients

1/4 cup	Roasted Garlic Olive Oil
2 Tbsp	Ginger, fresh - grated or diced
1 whole	Onion, cooking - peeled and chopped
1/4 tsp	Cumin seed - ground
1/4 tsp	Coriander seed - ground
1/4 tsp	Mustard seed - ground
A few	Cloves - whole
1 jar (500 ml)	Sun Dried Tomato Sauce
500 g	Potatoes, Yukon Gold - peeled, washed, and cut in quarters
1 cup	Vegetable or chicken broth
1 cup	Cauliflower florets
1 400g can	Chickpeas, rinsed and drained
1 cup	Silver beet greens - fresh, sliced in 1/4" strips
To taste	Salt - preferably fleur de sel
To taste	Pepper - freshly ground

instructions

1. On medium high heat in a large skillet, heat the Roasted Garlic Olive Oil in a sauce pan. Add the chopped onions. Stir to avoid burning. Just before the onions are tender and golden brown add the ginger and stir. When the onions are golden brown add the spices, Sun Dried Tomato Sauce, and broth. Stir thoroughly and then add the potatoes. Loosely cover the skillet and allow to simmer for 20 minutes stirring frequently. The potatoes should be firm but soft enough to pierce with a fork.

2. Add the cauliflower florets and chickpeas. Allow to simmer for another 8-10 minutes. If necessary add additional broth to allow the cauliflower to cook. Adjust the seasoning to your liking. Add the silver beet greens and allow to cook until they are just tender. Serve immediately with warm Quinoa and Naan.