Vegetable Curry

Ingredients

(I kg mixed vegetables)
3 potatoes
5 carrots
½ cauliflower
½ head of broccoli
Mushrooms
1 onion
2-3 garlic cloves
Oil (small amount)
Vegetable stock cube
1 teaspoon ground ginger
1 teaspoon mustard powder
1 teaspoon ground cumin
1 teaspoon ground coriander
2 teaspoon turmeric
Salt and pepper

Utensils

Chopping board
Knife
Measuring spoons
Jug
Bowl
Wooden spoon
Peeler

Method

Peel the potatoes and carrots. Top and tail carrots. Using bridging method, slice lengthways. Use claw grip and slice about ½ cm thick. Cut the potato in half then half again and keep going until they are bite size pieces (not too small or they will turn to mash). Put cut vegetables in the bowl.

Break the cauliflower and broccoli florets up until they are roughly the same size as the potato. Make sure you keep some of the stalks. Add to the bowl.

Dependent on the size of the mushroom either cut in ½ or ¼ (roughly same size as the potato) and add to the bowl

Cut one end off the onion, then cut in half through the end and peel. Cut many slices into the onion going down from the end, then cut lengthways so that the onion falls into small squares. Keep this separate. Top and tail then peel the garlic. Crush the garlic and put it with the onions.

Put a small amount of oil in the pan (just so it covers the bottom). Cook the onions and garlic until they go soft

Boil the kettle and crumble the stock cube into the jug. Add 300ml of boiling water and stir.

Add the spices to the onions and garlic and stir well. Add all the other vegetables and again stir well.

Add the stock and bring to the boil, remembering pan safety. Stir, ensuring the spoon is on the bottom of the pan, in a slow figure of eight. Make sure the water just covers the top of the vegetables. Once boiling, turn down the heat and simmer until the vegetables are soft. Once soft, remove from heat and turn hob off.