

Curried Vegetables

No. of people: 100

Frozen Peas 10 lbs
Cauliflower, heads 16
Potatoes 18 lbs
Canola oil 1 ½ cups
Ginger 1 ¼ cups
Brown mustard *seeds* 6 Tbsp
Cumin *seeds* 7 Tbsp
Cayenne *powder* 1½ Tbsp
Cumin *ground* 7 Tbsp
Coriander *Ground* 6 Tbsp
Turmeric 4 Tbsp
Hing (asafoetida) 2.5 Tbsp
Tomato ½ of a large can
Salt 5 Tbsp
Cilantro, bunches 2

Preparation, the day before:

1. Scrub potatoes to clean them. Cut into small ½ inch chunks and drop into a **bucket with cold water**, label, and store in walk-in.
2. Wash cauliflower and cut into bite-sized pieces. Place in plastic bucket, cover, label, and store in walk-in.
1. Chop ginger. Cover, label and store in walk-in.
2. Chop Cilantro and store in walk-in

Cooking, the morning dish is to be served:

Have all the ingredients ready. For the largest batches use the two largest rondeau pots (labeled, #1).

For Potatoes

At **9AM** Fill steamer with water and turn on.

Place potatoes in steamer trays. When steamer is ready, put potatoes in steamer and steam for 10-15 min until **almost** done.

Remove from steamer and set aside until ready to add to cauliflower mix.

For Cauliflower

1. Prepare curry mix: combine Cayenne, ground cumin, ground coriander, tumeric & hing in a small dish
2. Set the pots on the “candy” stove (the big, single unit stoves). Set the heat to medium low.
3. Pour oil in the pots. Set the pot to medium high
4. Divide mustard seeds between the 2 pots into. Wait till they pop
5. Stir in cumin seeds divided equally between the 2 pots, wait for a few seconds. Stir in curry mix. Half in each pot. Sauté the mixture until it's fragrant. Be careful not to brown it or burn it. Add ginger.
6. Add the **Frozen peas** dividing them evenly between the two pots. Stir well until they start releasing some of their water. Stir in **cauliflower**, reduce heat and cover with the big lids and let cook 10-15 minutes, adding small amounts of water as needed just so vegetables do not stick. Stir from time to time.
7. When cauliflower is almost done, stir in the almost-cooked potatoes & the tomatoes, dividing amount between both pots.

Add the salt & cilantro to each pot and stir again. Add more salt if necessary

Cover and simmer just until veggies are done then turn heat off and leave until ready to place in deep hotel pans for serving.

Serve in deep hotel pans with stainless steel serving spoons.