

# HARVEST FOOD FOR THOUGHT

## Jacky's Potato Curry recipe

### Ingredients

#### Spices

- 1 tsp ground cinnamon
- ¼ tsp ground cloves
- 1 tsp ground ginger
- 1 tsp ground fenugreek seed
- 1 tsp ground mustard seed
- 2 tsp chilli powder
- 2 tsp ground coriander
- 2 tsp turmeric
- 1 tsp cumin seeds
- 6 cardamom seed split and seeds removed  
(Throw away outer shell)

#### Other ingredients

- 1½ kg (3lbs) potatoes
  - 200 g green beans chopped into 2 inch lengths
  - 1 onion finely chopped
  - 4 garlic cloves minced
  - 400 g (14oz) chopped tomatoes
  - 1 tsp sugar
  - 3 cups stock/broth
  - salt and pepper to taste
- This curry is hot, you may wish to reduce the chilli powder.**



*St James Players  
Audio Video  
Presentation  
Curry Recipe*

### How to make it

**Potatoes:** Peel potatoes and slice into chunks. When using medium potatoes, I slice each potato into 6 chunks. Parboil the potatoes in salted water then drain and set aside.

**Curry:** Cook onion and garlic in a large pot until soft and fragrant. Add beans and curry spices then cook for another minute. Pour in canned tomatoes then add the potatoes. Stir to coat the potatoes in the spices then add stock. Season with salt, pepper and sugar. Reduce the temperature and allow to simmer until the potatoes can be easily pierced with a fork.