

## Curried Vegetables - LC

**No. of people: 50**

**Deep Hotel Trays 2**

Cauliflower, heads	4 heads
Potatoes	4 lbs
Frozen Peas, 10 oz, Pkgs	4
Ginger Root, grated	$\frac{3}{4}$ cup
Canola Oil	$\frac{1}{2}$ cup
Brown Mustard Seeds	1 Tbsp
Cumin Seeds	1 Tbsp
Curry Powder	1 Tbsp
Ground Cumin	1 Tbsp
Ground Coriander	1 Tbsp
Crushed Tomatoes	$\frac{1}{2}$ of a large can
Salt	1 Tbsp
Cilantro, bunches	1

### **Preparation, the day before:**

- 1 Scrub potatoes to clean them. Peel if you wish. Cut into 2 inch chunks. Place in bucket or plastic bin, cover with water, label, and store in walk-in.
- 1 Wash cauliflower and cut into bite-sized pieces. Place in plastic bin, cover and label, then store in walk-in.
- 1 Chop ginger. Cover, label and store in walk-in.

***Be sure to put item name, day and dish it is intended for when labeling.***

***(over)***

### **Cook, the morning dish is to be served:**

- 1 Put potatoes and cauliflower into perforated hotel trays and cook in steamer,

cauliflower for 10-12 minutes and potatoes for 18-20 minutes. Rotate tray position in steamer halfway through to ensure even cooking. Be sure these veggies are cooked until quite tender – a fork should pierce each piece easily.

- 1 Have all sauce ingredients assembled before beginning to cook.
- 1 Heat oil in a heavy bottomed brazier pot. Add cumin and mustard seeds, stir and cook until the seeds pop. Then add ginger and sauté, stirring constantly for 3 to 4 min. Add all spices, excepting the cilantro. Stir. Add crushed tomatoes and salt. Cook on low for 30 minutes or more to make a nice gravy.
- 1 Divide cauliflower, potatoes and peas evenly into the appropriate number of hotel trays. Divide the sauce amongst the pans, pouring over the vegetables. Using 2 spoons, mix gently without breaking the vegetable pieces down. Cover with rigid lids.
- 1 Place hotel trays of vegetables on stove top. Heat over low flame, taking care not to over-stir the vegetables. Simmer until warmed through, adding water if the sauce gets too dry.
- 1 Garnish with chopped cilantro and serve.