

Vegetable Jalfrezi

Traditionally a Bengali dish, jalfrezi is a relatively dry dish, more along the lines of a stir fry

Prep time – 15 minutes
Cooking time – 25-30 minutes
Serves 4

Ingredients:

1 carrot chopped in chunks, 150gm baby corn chopped in chunks, 1 cup of green peas, half a head of cauliflower in florets, 1 green pepper cut in slices, 1 onion chopped in chunks, 2 onions finely chopped in chunks, 1 tin of chopped tomatoes, 2 tbsp. tomato puree, 1 tbsp. ginger and garlic paste, 1-2 green chillies (optional), 1 tsp cumin seeds, 1-2 tsp coriander power, ½ tsp turmeric, 1-2 tsp red chilli powder, salt to taste

Method:

Set a saucepan of water to boil and blanch all the chopped vegetables for a 7-10 minutes or until par-cooked. Drain, ready to use.

In a wide frying pan, heat some oil. Add cumin seeds and when they start to splutter, add the green chillies and ginger and garlic paste. Fry for 2-3 minutes and add chopped onions. Stir well and fry the onions to golden brown. Blend the chopped tomatoes and add them to the pan, along with tomato puree. Stir well and allow to cook on medium-high heat until the tomatoes start to release some oil.

Next, add the spices and stir well. Cook for a further 5-7 minutes, allowing the spices to release their flavour. The mixture in the pan should be quite dry at this point.

Turn up the heat. Add the vegetables and stir to coat with the tomato sauce. Adjust seasoning. Once the vegetables are cooked, add the chopped onions and green pepper and toss well. Turn the heat off after a further 2-3 minutes and serve with roti or rice.