

Thai Yellow Vegetable Curry

From Darlene Schmidt : *Your Guide to Thai Food.*

INGREDIENTS:

YELLOW CURRY SAUCE:

- 2 cans good-quality coconut milk
- 1/2 tsp. fenugreek
- 1 tsp. coriander seeds
- 1 tsp. black mustard seeds
- 1-2 green or red chillies, de-seeded (or leave seeds in for a spicier curry)
- 1 Tbsp. ground cumin
- 1/2 tsp. turmeric, dried, OR 1 thumb-size piece fresh turmeric, peeled and sliced
- 3 cloves garlic
- 1 thumb-size piece galangal or ginger, peeled and sliced
- 1 stalk lemongrass, sliced thinly, OR 2 Tbsp. frozen prepared lemongrass
- 1/2 onion
- 3 Tbsp. soy sauce/tamari
- 1 tsp. shrimp paste (if vegetarian, substitute 1 tsp. dark soy sauce)
- approximately 1 cup fresh coriander, including the stems
- 2 Tbsp. brown sugar (or substitute honey or xylitol)
- juice of 1/2 lime
- 2-3 kaffir lime leaves, frozen or dried (find these at your local Asian grocery store)

VEGETABLES

- 1 can fava beans or chick peas
- approximately 2 cups bok choy, chopped
- 4-6 shiitake mushroom, sliced
- red, green, or yellow bell pepper, sliced
- 1/2 japanese eggplant, sliced (leave skin on)
- 1 large carrot, sliced
- 1 cup broccoli
- 1 cup cauliflower
- 1 cup fresh basil, roughly chopped if the leaves are large (for garnish)
- canola or other vegetable oil for stir-frying

PREPARATION:

- 1 Place 1/2 can of the coconut milk (reserve the rest for later) plus all other sauce ingredients in a food processor. Process well. You now have a homemade yellow curry paste.
- 2 Place 2 Tbsp. canola or other oil in a wok or large frying pan over medium to high heat. Add the curry paste and gently stir-fry for 1 minute, or until fragrant.
- 3 Add the other 1/2 can of coconut milk and stir. Now add those vegetables that require the longest cooking time, such as the carrots, mushrooms and cauliflower. Stir well and bring to a simmering boil. Turn down heat to medium, cover, and cook for 5 minutes.
- 4 Add the second can of coconut milk plus the bell pepper(s), japanese eggplant, and beans. Stir well and cover, allowing to cook for another 5 minutes.
- 5 Lastly, add the broccoli and bok choy/Chinese cabbage. Stir well and cook for another 2 minutes, or until broccoli is bright green and cabbage has softened.
- 6 Remove from heat. Do a taste test. If the sauce is too bitter, add 1-2 Tbsp. more brown sugar, and/or 1 Tbsp more fish sauce/soy sauce (use the fish/soy in place of salt).
- 7 Sprinkle with fresh basil and serve with plenty of Thai jasmine-scented rice (white or brown). This dish also works well served with white or whole-grain couscous, or white/whole-grain basmati rice.

Seasonal Crudites with Hummus and Baba Ganoush

The South Beach Diet Online

INGREDIENTS

Crudites

- 1/4 pound asparagus
- 1/2 yellow squash
- 1/2 red bell pepper
- 1/4 orange bell pepper
- 1/4 head broccoli
- 3/4 medium head baby bok choy
- 3/4 stalk celery

Hummus

- 1/2 cup canned chickpeas
- 1 teaspoon garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon tahini (sesame butter)
- 1/4 tablespoon parsley, chopped fine
- 1/2 tablespoon lemon juice
- 1/2 cup vegetable stock

Baba Ganoush

- 3/4 medium eggplant
- 1 teaspoon garlic, minced
- 2 tablespoons olive oil
- 1/2 tablespoon lemon juice
- 1 tablespoon tahini (sesame butter)
- 1/4 tablespoon parsley, chopped fine

DIRECTIONS

- 1 Preheat oven to 400 degrees F. Cut eggplant in half lengthwise and lightly score the surface. Sprinkle generously with salt and olive oil. Roast, cut side down, on cookie sheets for 40 minutes or until eggplants are very soft. Remove from oven and let cool.
- 2 In food processor, puree chickpeas, lemon juice, garlic, tahini and parsley. While machine is on, slowly pour in the olive oil. Add more oil or some vegetable stock to desired consistency. Season to taste with salt and pepper. Chill, covered, while continuing with eggplant.
- 3 Scoop flesh from skin of eggplant and puree in food processor with garlic, lemon juice, tahini and parsley. While machine is on, slowly pour in the olive oil. Add more oil or some vegetable stock to desired consistency. Season to taste with salt and pepper. Chill, covered, while preparing crudites.
- 4 Select a pot large enough to hold all the asparagus. Fill it with water and put on to boil. Salt the water generously. Trim the bottom inch or two from the asparagus. Cut the florets from the broccoli. Cut the base from the bok choy and separate the stems, rinsing off any dirt. Cut off the tops of the bell peppers and remove the cores and seeds. Cut peppers into strips. Cut celery into smaller pieces to match the size of the peppers. Cut yellow squash into spears to match the peppers and celery. Once water is boiling, immerse asparagus for about 3 minutes or until tender to taste. Remove and immediately rinse under cold water to stop them from cooking. Repeat with broccoli florets. Keeping vegetables separate, arrange on platters and serve with hummus and baba ganoush.