

spiced yoghurt cauliflower florets



ingredients

- 1½ tsp coriander seeds
- ½ cup vegetable oil
- 1 pinch powdered asafetida
- 1 tsp cumin seeds
- 1 kg cauliflower, cut into small florets with long stems attached
- 1 tsp salt
- ½ tsp chilli powder
- 1-inch piece fresh ginger, peeled and sliced thinly
- ½ tsp ground turmeric
- ½ tsp nilgiri's garam masala (see Ajoy's tips)
- 1 tbs fresh lemon juice
- 2 tbs plain whole-milk yoghurt
- 2 tbs fresh coriander, chopped

preparation time: 15 minutes

Cooking time: 11 minutes

chilli rating: mild

difficulty Level: easy

Serves: 4-6 with rice

method

In a spice grinder, grind coriander seeds. Set aside.

In a wok or deep frying pan, heat oil over medium heat. When oil is hot, add asafetida and cumin and cook, stirring, for 20 seconds. Add cauliflower florets, cover and cook until they start to soften.

Uncover and cook, stirring, for 2 minutes. Then cover and cook until florets start to brown. Once again, uncover and cook, stirring, for 2 minutes. Finally, cover and cook for 1-2 minutes more. (The cauliflower should be golden-brown.)

Reduce heat to low and add salt, chilli powder, ginger, ground coriander, turmeric, nilgiri's garam masala, lemon juice and yoghurt. Mix well and cook, tossing, for 2 minutes to blend flavours.

Serve immediately sprinkled with the coriander.

Ajoy's tips for a garam masala recipe, click [garam masala](#)