

Coconut Buttermilk Curry



Serves 3-4

Cooking Time (including preparation)

- 30-40 mins for Vata and Pitta, 40-60 mins for Kapha

Ingredients

- 1 tsp ghee
- 2 tsp shredded/dessicated coconut
- 2 tsp anise seeds
- 2½ tsp spice (1 tsp each of cumin and coriander seeds and ½ tsp hing), ground
- 2 tsp fresh ginger, crushed or finely sliced
- 4 curry leaves
- 4 cups diced vegetables
(eg, 2 cups zucchinis, ½ cup green beans, 1cup sweet potato, ½ cup squash)
- 1½ cups water
- 1 tsp salt
- ½ cup buttermilk (or ½ cup ea plain biodynamic yoghurt and water)
- 1 cup coconut cream
- 1 Tbsp fresh coriander, torn or chopped

Method

Lightly fry shredded/dessicated coconut and anise seeds until seeds begin to pop. Add spices, ginger and curry leaves and fry 1 minute. Add other ingredients. Cover and simmer until well cooked, allow the last 10 mins with the lid off to allow steam to escape and the curry to thicken to desired consistency (leave more moist for Vata and Pitta). Take off heat, add salt, buttermilk and coconut cream. Stir well and top with fresh coriander. Serve with Basmati Rice and/or Indian bread.

To maximise nutritional benefits

- Be mindful that food preparation is an act of love and not a chore
- Before consuming, pause to give thanks to all those involved in the growing, providing, preparation and cooking of the meal
- Consume same day
- Chew each mouthful a min of 10 times before swallowing
- Sip warm beverages, don't drink
- Wait for a minimum of 10 mins after eating to savour the meal

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