

NORTH INDIAN KIDNEY BEAN CURRY (RAMJA) (makes 6 portions)

1.5 tsp cumin seeds

10 curry leaves

2 small to medium onions (grated)

thumb ginger

5 garlic cloves

2 green chillies or 1 red chilli

2 tins tomatoes

2 tbsp puree

1.5 tbsp coriander powder

2 tsp turmeric

2 tsp smoked paprika

½ tsp cayenne pepper

1.5 tsp garam masala

1 tsp dry mango powder

1 tsp cardamom powder

¼ tsp asafoetida

½ tsp fennel seeds

2 cups kidney beans (soaked overnight, pressure cook for 10-12 mins, save water)

180 g curly kale

350 g cauliflower florets

125 g green beans

125 g carrots

300 g potatoes

50 g fresh coriander leaves

Sauté cumin seeds and curry leaves, then add onions and cook until light golden in colour.

Add ginger, garlic and green chillies, cook for 1 minute. Adding bean water if necessary.

Add the puree, then the tomatoes, mix and cook for 5 minutes.

Add the rest of the spices.

Mix and cook on low heat for 10 mins, until sauce has thickened.

Add the beans and with a potato masher reduce half of them to a puree, then add the potatoes, cauliflower, green beans, carrots and curly kale, along with just enough of the bean water to cook them with. Bring to the boil then cover, lower the heat and simmer for 20 to 30 minutes.

Keep checking it is not sticking.

Serve with basmati rice and coriander leaves.