

## Cauliflower Thoran

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| <p><b>Equipment:</b><br/>         Kitchen scales<br/>         Chopping board<br/>         Large knife<br/>         Small knife<br/>         Medium bowl<br/>         Small bowl<br/>         Large heavy-based saucepan with a lid<br/>         Measuring cups and spoons<br/>         Large spoon<br/>         Fork<br/>         Serving bowls</p> | <p><b>Ingredients</b><br/>         1 kg cauliflower<br/>         2 brown onion<br/>         4 large garlic cloves<br/>         1 green chillies<br/>         3 tablespoon vegetable or rice bran oil<br/>         1 teaspoon mustard seeds<br/>         8 curry leaves<br/>         1 teaspoon turmeric powder<br/>         Salt<br/>         1/2 cup shredded coconut</p> |
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### What to do:

1. Wash the cauliflower, shake it dry and cut it into even-sized florets. Cut off the stem and peel it with the small knife. Slice the stem into sticks. Set the cauliflower aside in the medium bowl.
2. Peel the onion. Slice the onion finely and set aside in the small bowl.
3. Peel the garlic and slice it thinly. Add it to the chopped onion.
4. Cut the green chillies in half along their length and scrape out and discard the seeds. Chop the chillies finely.
5. Place the saucepan over medium heat and add the vegetable or rice bran oil.
6. Add the mustard seeds and wait for a few seconds until they start to pop.
7. Add the chopped green chillies and stir over a low heat for 1 minute.
8. Add the onion and garlic, and the curry leaves. Cook, stirring for a further minute.
9. Add turmeric and a pinch of salt and stir.
10. Add half a cup of water, then tip in the shredded coconut and the cauliflower florets.
11. Stir well – if there is no more liquid, add a little more water.
12. Cover with the lid and cook on low heat for 5 minutes, or until cauliflower is cooked. (Test one of the stem pieces by poking it with a fork.)
13. While the cauliflower is cooking, check regularly and stir gently to ensure it doesn't dry out or stick to the pan.
14. Taste and adjust seasonings before serving in large bowls.