

2014 N°10

Potato, courgette and mooli curry

Mooli is also known as white radish or daikon. Up until last week I had no idea what to do with them so I did this.....

People have been saying how simple the Essex Road recipes are - this one isn't!!

Ingredients:

1 teaspoon black mustard seed

1 or 2 small red chillis seeded and finely chopped
about a tablespoon of fresh ginger root, chopped finely

A VERY SMALL ¼ teaspoon of asafoetida powder
(optional)

4 or 5 curry leaves

2 large potatoes peeled and cut into chunks the size of a large chip.

1 large mooli peeled and sliced in the same way.

2 courgettes sliced into slightly thicker chip shapes.

juice of ½ a lemon, a little grated lemon peel

a generous splash of cooking oil

3 cloves and ¼ teaspoon fennel seeds ground up together

¼ teaspoon ground nutmeg

½ teaspoon turmeric

1 cm cinnamon stick

1 ½ teaspoons of salt.

About 100 ml of water.

a small bunch of spinach – washed and stalks cut off.

½ bunch coriander leaf – washed and chopped

What to do. ...roughly speaking:

Heat the oil in a large pan and fry the mustard seed, chilli and ginger root for 2 or 3 minutes. Add the asafoetida powder and curry leaves and immediately add the potatoes

and mooli. Mix it all up well so that the spices coat the potatoes and mooli and fry for 5 or 6 minutes.. Keep it all moving so it doesn't stick.

Add all the other ingredients except the spinach and mix it up. Bring to the boil, cover the pan and turn the heat down to a simmer. Stir it from time to time to stop it sticking. After about 20 minutes the veg should be soft and most of the liquid absorbed. Place the spinach on top, put the lid back on and cook for another 5 minutes. Just before serving, add the chopped coriander leaf and pick out and discard the cinnamon stick. Serve with basmati rice or crusty bread.

About Kay's Essex Road Recipes.

I improvise recipes based on what looks good in my local shops. Living just around the corner from 4 of London's best food shops; **Steve Hatt** the fishmonger, **The Market Garden** greengrocers, **James Elliott** the butcher and **Raab's Bakery**, it's easy to be inspired. Throughout 2014 I plan to share a recipe a week. Once you get the hang of it, you can start to improvise your own menus.

These recipe cards are old school and limited edition; only available on paper in the shops, and in our splendid local pub, **The New Rose**. At the end of the year, though, you'll be able to order a special edition full set of about 50 recipes online via frogandbison.com – check in there later in the year for more information.

All recipes are for about 4 people. They're not written for complete beginners; I'm assuming that you know a little bit about cooking so I've been approximate and poetic with measurements, times, weights and instructions. I hope you get the idea, and go on to improvise your own Essex Road recipes.

Most of the other ingredients, including spices and oils, are available from the convenience stores between the New Rose and Raab's. Pasta, risotto rice and really good oils and wines are to be found in **Saponara** on Prebend Street which also serves the best fresh pasta and pizza in the neighbourhood.