



Photo: Ant Jones for Cook Vegetarian! Magazine

Our second in a series of exclusive recipes, specially crafted for Essential by *Rose Elliot*.
Keep out the cold with a korma + Gluten-free flatbreads.

This recipe is available for you / your customers to download from www.essential-trading.coop

EASY COCONUT AND CAULIFLOWER KORMA WITH BUCKWHEAT AND AMARANTH ROTIS

Rose says:

“Don’t let the number of ingredients put you off: this fragrant and creamy vegetable korma is really easy to make and so delicious with the crisp, flaky rotis which are completely gluten-free. The quantities for the korma are generous; if there’s any left over it reheats perfectly the next day and if anything tastes even better!”

Rose Elliot



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Rose Elliot's

EASY COCONUT AND CAULIFLOWER KORMA

Serves 4

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 5cm (2 inches) fresh root ginger, grated
- 2 garlic cloves, crushed
- 1 teaspoon turmeric
- 3 teaspoons ground coriander
- 3 teaspoons ground cumin
- ½ teaspoon salt
- 25g (1 oz) ground almonds
- 400ml can organic coconut milk
- 450g (1 lb) cauliflower, cut into 1cm (1/2 inch) pieces
- 225g (8 oz) courgettes, cut into 1 cm (1/2 inch) pieces
- 125g (4 oz) frozen petits pois, thawed
- 4 tomatoes, chopped
- Handful of chopped fresh coriander

To serve

Hot cooked Basmati rice,
optional Buckwheat Rotis, see recipe opposite.

Heat the olive oil in a large saucepan, put in the onion, cover and cook gently for about 8 minutes, until almost tender.

Add the ginger, garlic, turmeric, ground coriander and cumin to the pan and stir over the heat for a few seconds, then stir in the ground almonds and coconut and bring to the boil.

Put the cauliflower and courgettes into the pan, bring to the boil again, then cover and cook gently for 10-15 minutes, or until the vegetables are just tender, adding the peas towards the end of the cooking time.

Add the tomatoes, check seasoning, then serve, scattered with chopped fresh coriander and accompanied by hot basmati rice or Buckwheat Rotis.

Rose Elliot MBE is Britain's foremost vegetarian cookery writer and her books have won her popular acclaim all over the world. Rose has written over 60 vegetarian or vegan books, with sales of around three and a half million worldwide. Her titles include Simply Delicious, Not Just a Load of Old Lentils, The Bean Book, The Supreme Vegetarian, Complete Vegetarian Cookbook, Rose Elliot's Mother, Baby and Toddler Book, Vegetarian Slimming, Vegetarian Express, Fast, Fresh and Fabulous (The Vegetarian Low GI Cookbook), Vegetarian Supercook, Vegan Feasts, and Veggie Chic (Sumptuous Suppers). This recipe developed exclusively for Essential Trading - more on our website: www.essential-trading.coop



BUCKWHEAT ROTIS (makes 8)

These rotis are crisp and wonderful, with a delicious 'wheaty' flavour yet are completely gluten-free so everyone can enjoy them.

- 115g (4 oz) amaranth flakes
- 300ml (1/2 pint) water
- ½ teaspoon salt
- 115g (4 oz) buckwheat flour plus extra for rolling
- Rapeseed oil for shallow-frying

Put the amaranth flakes into a medium saucepan with the water and salt, bring to the boil, then stir over the heat until the flakes have softened and become porridge-like, about 3 mins. Remove from the heat.

Stir the buckwheat flour into the amaranth mixture: it will form a warm, soft dough. Divide the dough into 8 equal pieces, form into rounds and flatten with your hands. Place one of the rounds on a board that has been lightly dusted with buckwheat flour, scatter a little more over the top, and roll out to a thin circle about 15cm (6 in) diameter. Repeat for all. Cover the base of a small frying pan with rapeseed oil and heat, then put in one of the rotis and fry for a minute or two on each side, until it is crisp at the edges and has puffed up with air bubbles (which make it lovely and flaky). Blot with kitchen paper. Repeat with all the circles.

Serve immediately, while warm and puffy.