

INDONESIAN CURRIED VEGETABLES

2¼ cups water

2½ cups quick-cooking (10-minute) brown rice

1 tablespoon olive oil

1 cup already-cut broccoli florets

1 cup already-sliced fresh mushrooms

1 medium green bell pepper (for 1 cup strips)

1 cup already-shredded red cabbage

1 cup already-shredded carrots

2 cups frozen chopped onions

1 tablespoon good-quality imported curry powder

2 teaspoons bottled minced garlic

1 teaspoon ground cumin

1 teaspoon bottled chopped ginger

2 cans (14½ ounces each) diced tomatoes

3 tablespoons peanut butter

I first sampled an Indonesian dish similar to this one at a restaurant in Chapel Hill, North Carolina, called Pyewa. The chef there creates a lovely curry with a lovely whole cumin seed, fenugreek, cardamom, turmeric, and so on. well, the list seems and on.

Although the recipe relies on an Indian powder mix, the list still seems a bit intimate. Because most ingredients are already chopped, it is all to put the

1. Bring $2\frac{1}{4}$ cups water (this amount is correct; there is more rice than water) to a boil in a 2-quart saucepan. Meanwhile, begin step 2. When the water boils, add the rice, cover the pan, reduce the heat to low, and simmer for 5 minutes. Remove from the heat until ready to serve.

2. Heat the oil in a 4½-quart Dutch oven or soup pot over medium heat. Add the broccoli and mushrooms and cook, stirring occasionally, while seeding the bell pepper and cutting it into thin strips. Add the pepper, cabbage, carrots, and onions. Raise the heat to medium-high and stir occasionally.

3. Stir in the curry powder, garlic, cumin, and ginger. Stir in the tomatoes and their juice. Raise the heat to high, cover the pot, and bring the stew to a boil. Uncover the pot and boil, stirring from time to time, for 3 minutes more to blend flavors.

4. Reduce the heat to low and stir in the peanut butter, blending well. Serve over the brown rice.

A stylized, high-contrast black and white illustration. It depicts a large, dark, curved shape on the left, which appears to be a giant's foot or a giant's head, looming over a small, white, cloud-like shape on the right. The dark shape has a textured, almost woven appearance. The white shape is simple and cloud-like. The overall style is reminiscent of mid-20th-century children's book illustrations.

BEANS GREENS

- 1 tablespoon olive oil
2 medium onions or 1 extra large
2 cans (15.8 ounces each) tomato
2 tablespoons plus 2 teaspoons
2 cans (14½ ounces each) tomato
2 teaspoons balsamic vinegar
1 teaspoon Worcestershire
Salt and black pepper to taste
1 or 2 bottled roasted red peppers

1. Heat the oil in a $4\frac{1}{2}$ -quart medium-low heat. Peel and them to the pot as you chop drain the greens and set aside.
2. Add the garlic to the onion often. Add the drained green beans and the remaining of beans and the remaining of Worcestershire, and salt