

# INDONESIAN CURRIED VEGETABLES

- 2 1/4 cups water
- 2 1/2 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 (1 1/2 ounces each) diced tomatoes
- 3 tablespoons peanut butter

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### Desperation Dinners!

If you keep three sets of measuring cups on hand, you can speed through recipes without having to wash and dry that same half-cup measure multiple times.

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  $4\frac{1}{2}$ -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.

Serves 4



## BEANS GREENS

- 1 tablespoon olive oil  
2 medium onions or 1 extra  
2 cans (15.8 ounces each)  
2 tablespoons plus 2 teaspoons (14½ ounces each)  
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 chop them to the pot as you chop them. Drain the greens and set aside.
  2. Add the garlic to the onions often. Add the drained green beans and the remaining salt, Worcestershire, and saffron.