

## **Third Grade**

**Each recipe serves 12. Third grade should make 24 recipes (288 servings)**

### **Cauliflower and Potato Curry**

|               |   |
|---------------|---|
| <b>4 lbs</b>  | <b>Red Potatoes, cut into 1" cubes</b>  |
| <b>½ Cup</b>  | <b>Vegetable oil</b>                    |
| <b>4 Tsp.</b> | <b>Cumin seeds*</b>                     |
| <b>4 lbs.</b> | <b>Cauliflower, broken into florets</b> |
| <b>4 Tsp.</b> | <b>Ground Coriander*</b>                |
| <b>4 Tsp.</b> | <b>Ground Cumin*</b>                    |
| <b>1 Tsp.</b> | <b>Chili Powder*</b>                    |
| <b>2 Tsp.</b> | <b>Ground Turmeric*</b>                 |
| <b>2 Tsp.</b> | <b>Salt</b>                             |
| <b>¼ Cup</b>  | <b>Water</b>                            |

- **Par-cook the potatoes in a large pan of boiling water for about 10 minutes. Drain well and set aside.**
- **Heat the oil in a large heavy pan. Add the cumin seeds and fry them for 2 minutes until they begin to splutter.**
- **Add the cauliflower florets and fry, stirring for 2 minutes then add the water, cover and steam for 5 minutes.**
- **Remove cover and add the potatoes and the ground spices and salt and cook for a further 10 minutes, stirring frequently until both vegetables are tender.**
- **Cool and refrigerate overnight in a disposable container (baggies are fine). Bring to school Thursday, March 11<sup>th</sup> at drop off to the Peard Kitchen.**

**\*Spice mixture will be available at the front desk after March 1<sup>st</sup>**