

CHICKEN CURRY WITH CAULIFLOWER

This is the winning signature dish of Chef Palak Patel on an episode of the Food Channel's Beat Bobby Flay. The preparation sounded so good that I decided I just had to find out more about the dish and have that recipe! The one below is essentially her adaptation for home cooks of the one she created in the show. The spicier parts may be omitted by those with sensitivities.

1 oz lemon juice

1 lb boneless chicken thighs, in bite-sized pieces

1 tsp "salt"

1 cup cauliflower florets

3 tbsp vegetable oil

1 large onion, chopped

2 cloves garlic, minced

1 teaspoon grated ginger

¾ cup tomato purée

½ cup cashew nuts

½ cup water

1 tsp cumin powder

1 tbsp garam masala

1/2 tbsp turmeric

1 teaspoon cayenne pepper

¼ cup green canned New Mexico chiles, chopped

¼ cup fresh cilantro leaves

Marinate the chicken in the lemon juice while preparing the vegetables.

Bring 2 cups water to boil in a saucepan, add the "salt" and cauliflower, and cook 7–10 minutes until tender. Remove and reserve.

In a skillet with the oil, cook the onions, garlic, and ginger until fragrant, about 5–7 minutes. Add the tomato purée, cashew nuts, and water, and whirr this mixture with an immersion blender until smooth.

Mix in the cumin, garam masala, turmeric, green chile, and cayenne pepper, cook 1

minute.

Fold in the chicken and cook 15 minutes.

Season to taste. Serve, garnished with cilantro.

Serves 4.