




DAN TOOMBS



THE  
CURRY  
GUY



VEGGIE



Over 100 vegetarian Indian  
Restaurant classics and new  
dishes to make at home





## UZHUNNA VADA IN SAMBAR

(LENTIL DONUTS SERVED IN SAMBAR)

SERVES 4–6

The sambar that is used as a sauce in this dish could also be served as a sambar on its own with dosas and idlis. In this recipe, you add uzhunna vada to the sambar, which is a very popular way of eating uzhunna vada. If you happen to have uzhunna vada left over from another meal, this will give them a whole new and delicious life.

**PREP TIME: 15 MINS, PLUS SOAKING TIME AND MAKING THE VADA**  
**COOKING TIME: 1 HOUR**

225g (1 generous cup) toor dhal  
200ml (generous  $\frac{3}{4}$  cup) thick coconut milk  
150g (5 $\frac{1}{2}$ oz) chopped fresh or tinned (canned) tomatoes  
8 uzhunna vada (see page 16), soaked in water for 10 mins

**FOR THE SAMBAR POWDER**

4 tbsp coriander seeds  
2 tbsp toor dhal  
2 tbsp chana dhal  
1 tbsp white split urad dhal lentils  
1 tbsp black peppercorns  
3 tbsp Basmati rice  
1 tbsp cumin seeds  
1 tsp fenugreek seeds  
1 tsp black mustard seeds  
6 dried Kashmiri chillies  
30 curry leaves, washed and dried

**FOR THE TARKA**

4 tbsp rapeseed (canola) oil  
1 tsp black mustard seeds  
 $\frac{1}{2}$  tsp asafoetida\*  
1 tsp cumin seeds  
10 curry leaves  
75g (2 $\frac{1}{2}$ oz) aubergine (eggplant), cubed  
75g (2 $\frac{1}{2}$ oz) carrot, cubed  
2 green chilli peppers, finely chopped  
1 red onion, finely chopped  
1 tbsp tamarind concentrate  
1 tbsp garlic and ginger paste (optional)  
3 tbsp chopped coriander (cilantro) leaves

Rinse and soak the toor dhal in water for 20 minutes.

While the lentils are soaking, make the sambar powder. Heat a dry frying pan over medium–high heat. Add all the sambar powder ingredients and roast, stirring often, for about 1 minute, until warm to the touch and fragrant. Transfer to a plate to cool slightly, then grind to a fine powder. Set aside.

Drain the lentils and put them in a large saucepan. Add 1 $\frac{1}{2}$  litres (6 cups) of water and simmer for about 30 minutes, until the lentils are soft. Skim off any foam that rises to the top. When the lentils are ready, stir in the prepared sambar powder, coconut milk and chopped tomatoes. If you prefer a smoother sambar, you can blend it, but this is optional.

To make the tarka, in a different pan, heat the rapeseed (canola) oil over medium–high heat. When visibly hot, add the mustard seeds. When the seeds begin to crackle, stir in the asafoetida, cumin seeds and curry leaves and temper then for about 30 seconds before adding the rest of the tarka ingredients. Fry for a further couple of minutes and then pour the tarka into the lentil mixture.

Stir and simmer until the vegetables are cooked to your liking. I prefer them to be a bit al dente, which only takes a few minutes.

To finish, add the soaked uzhunna vada and serve immediately.

**NOTE**

\*If you are gluten-free, please check the asafoetida packaging as some brands contain wheat flour.



GF

## GRILLED ARTICHOKE WITH CURRY MAYONNAISE

SERVES 4–6

Where I grew up in California, globe artichokes were really easy to come by. Here in the UK, I've only seen them in London and on the rare occasion in a supermarket closer to home. You can order them online too. So nowadays, globe artichokes are for special occasions. If you happen to have a special gathering planned, you've got to serve this one!

**PREP TIME: 10 MINS, PLUS  
MARINATING TIME  
COOKING TIME: 35 MINS**

4 large globe artichokes  
3 tbsp finely chopped coriander  
(cilantro)

**FOR THE MARINADE**

2 tbsp lemon juice  
125ml (½ cup) extra virgin olive  
oil  
6 garlic cloves, finely chopped  
1 tsp salt  
1 tsp freshly ground black  
pepper

**FOR THE CURRY  
MAYONNAISE**

250ml (1 cup) mayonnaise  
1 tsp curry powder  
½ tsp chilli powder  
1 green chilli, finely chopped  
1–2 tsp lime juice

Cut off the thick outer leaves of the artichokes and cut off all but a little of the stems if the stems are long, as shown. This part of the stem is just an extension of the delicious heart. If it looks like the skin on the stem is tough, you can peel them. Bring a large pan of water to the boil and cook the artichokes for 20 minutes, or until the outer leaves peel off easily. Allow to cool slightly so that the artichokes are easier to handle, then cut them in half. Cut out any of the hair-like bits from the centre. That is the 'choke' from artichoke, so discard it.

Whisk together all the marinade ingredients and rub all over the artichoke halves. Let this marinate for about 30 minutes.

Meanwhile, mix all of the the curry mayonnaise ingredients together and place, covered, in the fridge until ready to serve.

Light up about a shoebox full of charcoal in your barbecue. When the coals are white-hot, place the artichokes, cut-side down, on the grill. Be sure to retain any leftover marinade. Cook over the hot coals for about 15 minutes, turning often, until they are nicely charred. With artichokes, they really are done when they're done, so continue cooking until the base (the heart) is fork tender.

To serve, spoon a little of the leftover marinade over the artichokes and serve with the curried mayonnaise. Garnish with the chopped coriander (cilantro).

Just in case you've never tried globe artichokes before, peel off each leaf, dip it in some of the mayonnaise and scrape off the flesh with your teeth. You can discard the remaining leaf. When all of the leaves have been devoured, cut up the artichoke heart and serve it with more of the mayonnaise.

**MAKE IT VEGAN**

Use the spicy cashew dip on page 125 instead of the mayonnaise, or there are vegan mayonnaises on the market.



GF V <30

## CABBAGE THORAN (DRY CABBAGE CURRY WITH SPICES)

SERVES 4 OR MORE AS PART OF A MULTI-COURSE MEAL

I learned this simple but absolutely delicious curry at a brilliant restaurant called Ury in Newcastle. The chef offered to let me watch him make a few dishes and I wasn't going to turn down that offer! I love the place. I like to serve this recipe, just as they do at Ury, with Kerala parathas (see page 132).

**PREP TIME: 10 MINS**  
**COOKING TIME: 15 MINS**

2 tbsp coconut oil  
1 tsp black mustard seeds  
1 tbsp white split urad dhal lentils  
2 heaped tbsp julienned ginger (more or less to taste)  
20 curry leaves  
1 onion, finely sliced, then cut into roughly 2.5cm (1in) pieces  
½ tsp ground turmeric  
A handful of julienned carrot  
½ coconut (fresh or frozen), grated  
200g (7oz) julienned cabbage  
Salt and freshly ground black pepper

Heat the oil over medium–high heat and add the mustard seeds. When they begin to pop, add the lentils. Toast the lentils in the oil until they begin to turn light brown, about 30 seconds, then add the julienned ginger and curry leaves. Continue frying for another 30 seconds or until browned. Stir in the sliced onion and fry for about 5 minutes, until soft and translucent.

Now add the turmeric and julienned carrot followed by the coconut and give it all a good stir. To finish, add the cabbage and fry until cooked through. About 5 minutes should be enough. Season with salt and pepper to taste and serve immediately.



Vegetarian food is popular all over India, and people are growing to love the fresh, spicy and sweet flavours of authentic Indian cooking. Dan Toombs, The Curry Guy, has been on a quest to learn and develop the most celebrated meat-free Indian recipes, and in The Curry Guy Veggie he presents over 100 recipes that focus on taste and simplicity.

Much vegetarian food at curry houses is unappealing and unimaginative. Curry Guy Veggie showcases how exciting Indian vegetarian food can be with mouth-watering starters, classic curries, idlis, dosas and fried breads, as well as the delicious side dishes that we all know and love.

All of the ingredients are accessible and easy to find in supermarkets, Asian grocers and online - and with Dan's detailed step-by-step instructions, you'll be making your own vegetarian curry feasts in no time at all.

**THANK YOU FOR ORDERING THE CURRY GUY VEGGIE.  
THE FULL BOOK WILL BE PUBLISHED 04.04.2019 AND  
WILL ARRIVE WITH YOU SHORTLY AFTER.**

