

Jeepers Creepers Eyeball Stew



This curry is sweet and creamy and full of multi-coloured mini tomatoes... it's so beautiful, even if it is a bit like dipping into a bowl of slimy, slippery, sloshy eyeballs!!!

Ingredients

- 1 tbsp. olive oil
- 1 tsp. mustard seeds
- 1 tsp. cumin seeds
- 1 tsp. powdered ginger (see Creative Cooks Tip)
- 1 jalapeño pepper or green chili, deseeded and chopped
- 1 small red onion, chopped
- 1 tsp. turmeric
- 4 cloves
- 4 cardamom pods
- 3 cups mini tomatoes, halved (zebras, reds, yellows)
- 1 tin (14 oz or 400mL) coconut milk
- 2 tbsp. cane sugar (or brown sugar or maple syrup)
- 1/4 cup coriander, snipped into wee bits with scissors

Turmeric gives this curry its vibrant yellow colour, as well as health benefits. It can decrease inflammation, which is when your body's defence cells go to work to fight an illness or injury, causing puffiness and redness. By having less inflammation, your body is less stressed, so you have more energy to spend doing activities you love. Just be careful when handling turmeric - it will stain almost everything yellow!



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Market Shopping List

- mini tomatoes in lots of colours!!
- jalapeño pepper
- red onion
- coriander

Makes 4 servings



Southwest Edmonton Farmers' Market



Directions

Heat your oil over medium heat in a large frying pan or wok. Add the mustard and cumin seeds and let them "pop" for one minute. Add the ginger, jalapeño and onion. Cook, stirring, until the onion is soft and a bit see-through.

Add the turmeric and cook, stirring, for one more minute. Add the cloves and cardamom (see the Sprouting Chefs Tip), coconut milk and sugar and simmer for 4 minutes. Finally, add the tomatoes, and simmer for 5 minutes.

Stir in the coriander, then serve in a bowl with whole wheat pitas for dipping OR ladle onto a serving of your favourite grain... try brown rice, whole wheat couscous, lentils or quinoa!

Fun Fact: A curry is really just a sweet stew, cooked in a bath of beautiful spices. This recipe gives you an excuse to go play in the bulk section of your grocery store! Explore the spice world of the far east with cloves, cardamom, cumin and turmeric! Look at their neat shapes. Give them a sniff. A pod or a pinch of whole seeds can go a long way and bring incredible yumminess to a dish.

Sprouting Chefs

Putting spices that you will remove into a tea ball makes them easy to find at the end of cooking a recipe! Here, you'll put 4 whole cloves and 4 whole cardamom pods in a tea ball (even a tea steeping bag will do). A little bit of these whole spices goes a long way, and you'd hate to miss removing one and chomp on it at the end! Eww!

Creative Cooks

Cooking with fresh ingredients always makes a dish taste more brilliant. Substitute 1 tablespoon of fresh ginger here for dried. The easiest way to grate ginger is to freeze it, and then grate it on a microplane or a wood rasp. That way you don't have stringy fibres, it keeps for longer, and it is always on hand when you need it.

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