Warming Sweet Potato Curry

When the high of the day is 48 degrees along coastal Maine, there's nothing better than a warming vegetable curry. I was inspired to make this dish oil free, not a skill I had practiced but I'm always up for a new challenge. The results were absolutely delicious.

Ingredients

- 4 medium sweet potatoes cut into chunks, leaving peel on
- 8 ounces of mushrooms cut in quarters
- 1 large onion sliced thin
- 2 carrots diced
- 2 bunches of greens, collards, kale, chard, or spinach all work well, stack leaves and chiffonade
- 1 large sweet pepper seeded and cut in chunks
- 1 can of coconut milk (reduce or omit according to your dietary wishes)
- 1 t Black Mustard Seeds
- 1 t Cumin Seeds
- 1 t Cinnamon
- ½ tea of Corriander
- ½ t Red Pepper Flakes
- Pinch of cayenne pepper
- 2 inches of fresh turmeric grated
- 1 inch of ginger grated
- Salt and pepper to taste

Directions

Using a vegetable steamer of a cooking pot with a few inches of water steam sweet potato pieces until just tender but hold their shape well, set aside to cool and peel.

Pour boiling water over greens in a large bowl to blanch, let sit for 10 mins, drain,rinse with cool water to stop the

cooking process, and drain again.

In hot heavy skillet dry roast mushrooms, adding a bit of salt, set aside

Return skillet to the heat, add dry spices until they pop, add onion, stirring it allowing to soften, only adding a splash or two of water once there is some color, add pepper and diced carrot. Grate with a microplane grater the turmeric and ginger and add.

Continue cooking over medium heat until veggies are barely tender, adding more water in small quantities if needed. Add greens and can of coconut milk and allow to simmer for 10 mins.

Check seasonings, adjusting as needed.

Gently stir in sweet potatoes and mushrooms and warm through.

Serve with steamed rice.

Enjoy!