



## Blissful Broccoli Indian "Korma" Stew

By Dylan Sabuco

**Prep Time** 10 / **Cook Time** 20 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**chop:** to cut something into small, rough pieces using a blade.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

### Equipment

- Medium saucepan
- Cutting board
- Kid-safe knife
- Can opener
- Mixing bowls
- Measuring spoons
- Wooden spoon

### Ingredients

Blissful Broccoli Indian "Korma" Stew

- 1 fresh broccoli head OR 2 C frozen broccoli, thawed

- 1 14-oz can coconut milk
- 1 tsp garlic powder OR 2 garlic cloves, minced
- 1 tsp onion powder
- 1 tsp ground ginger
- 1 large Roma tomato **\*\* (for NIGHTSHADE ALLERGY sub 1 C frozen butternut squash or zucchini)\*\***
- 2 tsp curry powder
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 T butter **\*\* (for DAIRY ALLERGY sub 1 T vegetable or other nut-free oil)\*\***
- 1 pinch granulated sugar

## Food Allergen Substitutions

### Blissful Broccoli Indian "Korma" Stew

**Nightshade:** For 1 large Roma tomato, substitute 1 C frozen butternut squash or zucchini.

**Dairy:** Dairy: For 1 T butter, substitute 1 T vegetable or other nut-free oil

## Instructions

### Blissful Broccoli Indian "Korma" Stew

#### intro

Namaste (NAH-ma-stay)! (A greeting from India.) Today, we will be making Blissful Broccoli Indian "Korma" Stew. "Korma" refers to braising meats or vegetables in a mixture of cream and spices. This Sticky Fingers Cooking version will feature broccoli as the surprise ingredient and keep all the other ingredients close to the traditional recipe. Get ready for mouthwatering aromas to fill your kitchen (maybe even your entire home)! Enjoy!

#### chop + measure

Start by roughly chopping **1 broccoli head** and **1 large Roma tomato**. Don't worry about the size of the broccoli or tomato. Just make sure to chop them into pieces that will fit onto a spoon or fork for eating. Place the chopped broccoli and tomato into a large bowl.

#### measure + stir

Then measure **1 can coconut milk, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1**

**teaspoon ground ginger, 2 teaspoons curry powder, 1 pinch of sugar, 1 teaspoon salt,** and **1/2 teaspoon black pepper** and add that to the large bowl as well. Stir all the ingredients a few times to combine the spices.

#### pour + stir

Pour the mixture into a medium saucepan and turn the heat to medium. Bring the stew to a simmer and cook for at least 20 minutes. Turn the heat down to low in the last few minutes of cooking.

#### simmer + serve

While the stew simmers on low, measure **1 tablespoon of butter** and add it to the stew. Slowly stir the butter into the stew. This will melt the butter and give the stew a lovely richness. Serve alongside **Second to Naan Quick Bread** and enjoy every delicious bite of this Blissful Broccoli Indian "Korma" Stew!

## Featured Ingredient: Broccoli!

Hi! I'm Broccoli!

"Hello! Did you know that cabbage and cauliflower are my cousins? I resemble a small tree with a green trunk and branches topped with blueish-green flower buds—my crown!"

### History & Etymology

Broccoli first came from the eastern Mediterranean and Asia Minor and spread to Italy in the 16th century. Broccoli was once known as Italian asparagus.

Broccoli is a member of the Brassica oleracea family, an important group of vegetables that can help reduce cancer risk.

China and India produce the most broccoli in the world. Over 90 percent of the broccoli crop in the United States is from California, where it is grown year-round.

The word "broccoli" is Italian, the plural form of "broccolo," from "brocco," (a shoot, arm, or branch), from the Latin "broccus," (projecting).

### Anatomy

The main broccoli crown or head and the group of flower buds on the side shoots are harvested when the flower buds are closed and compact with no yellowing buds or flowers. Heads are removed with about 4 to 6 inches of stem attached. When the main head is cut, new shoots with smaller heads form, so a single plant will keep producing for many weeks.

It is essential to cool down broccoli as soon as possible after harvest; otherwise, small yellow flower heads will develop rapidly, which are bitter. Often you may see boxes of broccoli arriving at the greengrocers covered in ice to prevent further maturing.

## How to Pick, Buy & Eat

To pick the best broccoli, select fresh, bright-green heads with compact clusters of tightly closed flowerets. Stalks and stem leaves should be tender yet firm. Avoid any with yellowing flowerets and thick, woody stems.

Keep broccoli dry and store it in a vented plastic bag in the refrigerator for up to 5 days.

Broccoli can be boiled, steamed, grilled, and roasted. It is added to green salads, either raw or cooked, and included in soups, stir-fries, fried rice, and pasta dishes. It is also a tasty and healthy vegetable to pair with every type of meat and fish.

## Nutrition

Don't underestimate the power of broccoli! It became famous when researchers found it contained a compound called sulforaphane, which can function as an anticancer agent.

Just one serving has two days' supply of vitamin C (don't overcook, or you'll lose some). It is also a good source of dietary fiber and provides potassium, vitamin E, folate, and beta-carotene.