



Yield: Serves 4-6

Pavta Gobi Masala

'Curried' Lima / Butter Beans and
Cauliflower

Ingredients:

- 1 Medium Cauliflower (**Phul Gobi**) - cut into bite sized florets
- 1 Large Yukon Gold Potato (**Aloo**) - cut into 1 inch 'cubes' (can peel if desired)
- 1 Medium Onion (**Pyaz**) - quartered and thinly sliced
- 3 cloves Fresh Garlic (**Leh-sun**) - smashed
- 1 inch piece Fresh Ginger (**Adrak**) - rough chopped
- 1 Fresh Green Chile (**Hari Mirch**) - seeded and small chopped
- 2 ½ Cups Vegetable Stock - can substitute plain water if desired
- 2 Cups Lima / Butter Beans (**Pavta**) - fresh, frozen, or dried soaked for 8 hours
- 2 Tbs Oil - can use olive, vegetable, canola, grape seed, or avocado oil - divided
- 1 ½ tsp **Garam Masala**
- 1 ½ tsp Turmeric Powder (**Haldi**)
- ¼ - ½ tsp Red Chile Powder (**Lal Mirchi**) - amount to taste
- Kosher Salt (**Namak**) to taste
- Fresh Ground Black Pepper (**Kali Mirch**) to taste
- Juice of ½ Lemon (**Nimbu Ras**)

Preparation:

- 1) Place garlic, ginger, green chile, and 1 Tbs of the oil in the work bowl of blender or small food processor - Purée into a smooth paste - Set aside until needed
- 2) Heat the remaining 1 Tbs of oil in a large pan with a tight fitting lid over medium-high heat until shimmering
- 3) Once oil is hot, add onion and potato and stir fry for 5 minutes - Add spice paste (from step 1) along with the garam masala, turmeric powder, and red chile powder - Thoroughly combine - Continue to fry for another minute
- 4) Add the cauliflower and thoroughly combine until well coated with the spice mixture
- 5) Add the vegetable stock (or water) and bring to a boil - Once a boil has been achieved, reduce heat to a simmer - Add kosher salt (apx 1 tsp) and black pepper (apx ¼ tsp) to taste
- 6) Cover and allow to simmer (stirring occasionally) for 10 minutes
- 7) Add the lima / butter beans and continue to simmer (covered and stirring occasionally) for another 10 minutes or until lima beans and cauliflower are cooked through and tender and most of the liquid has been absorbed (this is a 'dry curry' so it should not be 'soupy')
- 8) Adjust seasoning - Add lemon juice
- 9) Serve hot with basmati rice or as part of any Indian meal