

Broccoli Thoran

Season: Autumn/Winter/Spring

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: broccoli, chillies, curry leaves, garlic, onion

Recipe source: Foster Primary School, Victoria

An interesting and appealing way of cooking vegetables from the southern India state of Kerala. Thoran (pronounced 'tor-an') is a popular dish usually eaten with steamed rice. The chopped vegetable is mixed with grated coconut (which grow in abundance in Kerala). It is often eaten as a part of a banquet in celebration of a marriage, birthday or birth. You can also cook cauliflower, green beans or spinach in the same way.

Equipment:

metric measuring spoons
and scales
clean tea towel
chopping board
cook's knife
large heavy-based
saucepan with lid
wooden spoon
serving bowls

Ingredients:

1 tbsp sunflower oil
¼ tsp mustard seeds
2 green chillies, de-seeded and
finely chopped
1 brown onion, thinly sliced
2 large garlic cloves, thinly sliced
3 curry leaves
¼ tsp powdered turmeric
pinch of salt, plus extra, to taste
½ cup water
30 g shredded coconut
500 g broccoli, florets chopped,
stalk peeled and julienned



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the oil in the large saucepan over a medium heat.
3. Add the mustard seeds and wait for a few seconds until they start to pop.
4. Reduce the heat to low, add the chilli and stir for 1 minute.
5. Add the onion, garlic and the curry leaves. Cook, stirring for a further 1 minute.
6. Add the turmeric and salt, then stir.
7. Add the water, shredded coconut and the broccoli florets.
8. Stir well to combine. If there is no more liquid, add a little more water.
9. Cook, covered, but stirring occasionally to prevent the mixture from sticking to the bottom of the pan, for 5 minutes until the broccoli is cooked through.
10. Taste and adjust the seasoning.
11. Transfer to the serving bowls and serve.