



Indian Curry and Ground Cherries

What the heck are ground cherries you ask?

That’s exactly what we asked Don when he suggested we make this for a session.

Apparently they are kissing cousin to tomatoes, eggplants and peppers but they taste like a cross between pineapple and a tomato. So, ask yourself: is this dessert or is it my dinner? Let us know the answer. The other request for this session is to make Indian style curry and so here you have a basic, coconut milk curry recipe with

lots of fresh vegetables (potatoes, carrots, onions and peppers from this week’s vegetable bags) but fragrant with garlic and ginger and creamy spicy from a curry spice blend and coconut milk but we’ll also talk about using curry pastes to streamline the process on a busy weeknight.

Indian Curry

Ingredients:

- 2 potatoes peeled and cubed
- 2 carrots diced
- 1 tbsp vegetable oil
- 1 tsp mustard seeds
- 1 onion chopped
- 1 tbsp ginger, minced
- 1tbsp garlic, minced
- Spice blend OR curry paste (to taste)
- 2 tomatoes chopped or 8 oz can
- salt to taste
- 1/2 tsp black pepper
- 1 can coconut milk
- 2 tbsp minced cilantro

SPICE BLEND

- 1 cardamom pod, crushed
- 1/4 tsp cloves, crushed
- 1/2 tsp cinnamon
- 1/4 tsp anise
- 1/2 tsp fennel seeds
- 1/2 tsp poppy seeds
- 1 tsp cayenne / red chili powder
- 1/2 tsp turmeric
- 1 tsp curry powder

Technique

- Boil the potatoes and carrots until just soft, drain and set aside.
- Heat the oil in a frying pan, add the mustard seeds and let them splutter. Add the onions, saute until translucent
- Add and ginger and garlic and cook 1-2 minutes
- Add the spice mix and saute until all the onions are coated and spices are fragrant
- Add the tomatoes and (if raw) saute until they are soft.
- Add the cooked potatoes and carrots along with coconut milk, mix well and let it start to steam. Don’t let it come to a boil, as the coconut milk might separate. Remove from heat and garnish with cilantro. Season with salt and pepper to taste.
- Serve hot with rotis, naans or rice.

Ground Cherry Pie

Ingredients

- 3 C. ground cherries*
- Zest of one lemon
- 1/2 C. (scant) packed brown sugar
- 1 T. all-purpose flour
- 1/4 t. freshly ground nutmeg
- 1/4 t. salt
- 2 T. water
- 1 (9 inch) pie shell, unbaked
- 4 T. all-purpose flour
- 4 T. white sugar
- 3 T. cold butter, cubed

*If you find yourself a little short on enough ground cherries to fill the pie shell, you can add a chopped up fresh peach or two.

Technique

- Preheat oven to 425 F. Prepare pie crust if making your own.
- Wash ground cherries, toss with zest, and place in unbaked pie shell. Mix brown sugar, tablespoon of flour, nutmeg and salt. Sprinkle over cherries. Sprinkle water over top. Mix together 4 tablespoons flour and 4 tablespoons sugar. Cut butter in until crumbly. Top cherry mixture with crumbs.
- Bake in the preheated oven for 15 minutes, reduce temperature to 375 degrees F and continue to bake for 25 minutes.

Master Recipe Pie Crust:

- 2 1/2 cups all purpose flour.
- 1 teaspoon salt.
- 2 Tablespoons sugar.
- 3/4 cup (a stick and a half) unsalted butter, chilled, cut into 1/4 inch cubes.
- 1/2 cup of all-vegetable shortening (8 Tbsp)
- 6-8 Tablespoons ice water.



ground cherry plant



harvested ground cherry