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

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Technique</th>
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<tbody>
<tr>
<td>• 2 potatoes peeled and cubed</td>
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<tr>
<td>• 2 carrots diced</td>
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<tr>
<td>• 1 tbsp vegetable oil</td>
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<td>• 1 tsp mustard seeds</td>
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<td>• 1 onion chopped</td>
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<td>• 1 tbsp ginger, minced</td>
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<td>• 1 tbsp garlic, minced</td>
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<td>• Spice blend OR curry paste (to taste)</td>
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<td>• 2 tomatoes chopped or 8 oz can</td>
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<td>• salt to taste</td>
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<td>• 1/2 tsp black pepper</td>
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<td>• 1 can coconut milk</td>
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<td>• 2 tbsp minced cilantro</td>
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**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.

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
# Ground Cherry Pie

**Ingredients**

- 3 C. ground cherries*
- Zest of one lemon
- 1/2 C. (scant) packed brown sugar
- T. all-purpose flour
- ¼ t. freshly ground nutmeg
- ¼ t. salt
- 2 T. water
- 1 (9 inch) pie shell, unbaked
- 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.
- Bake in the preheated oven for 15 minutes, reduce temperature to 375 degrees F and continue to bake for 25 minutes.

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**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.

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*ground cherry plant

*harvested ground cherry*