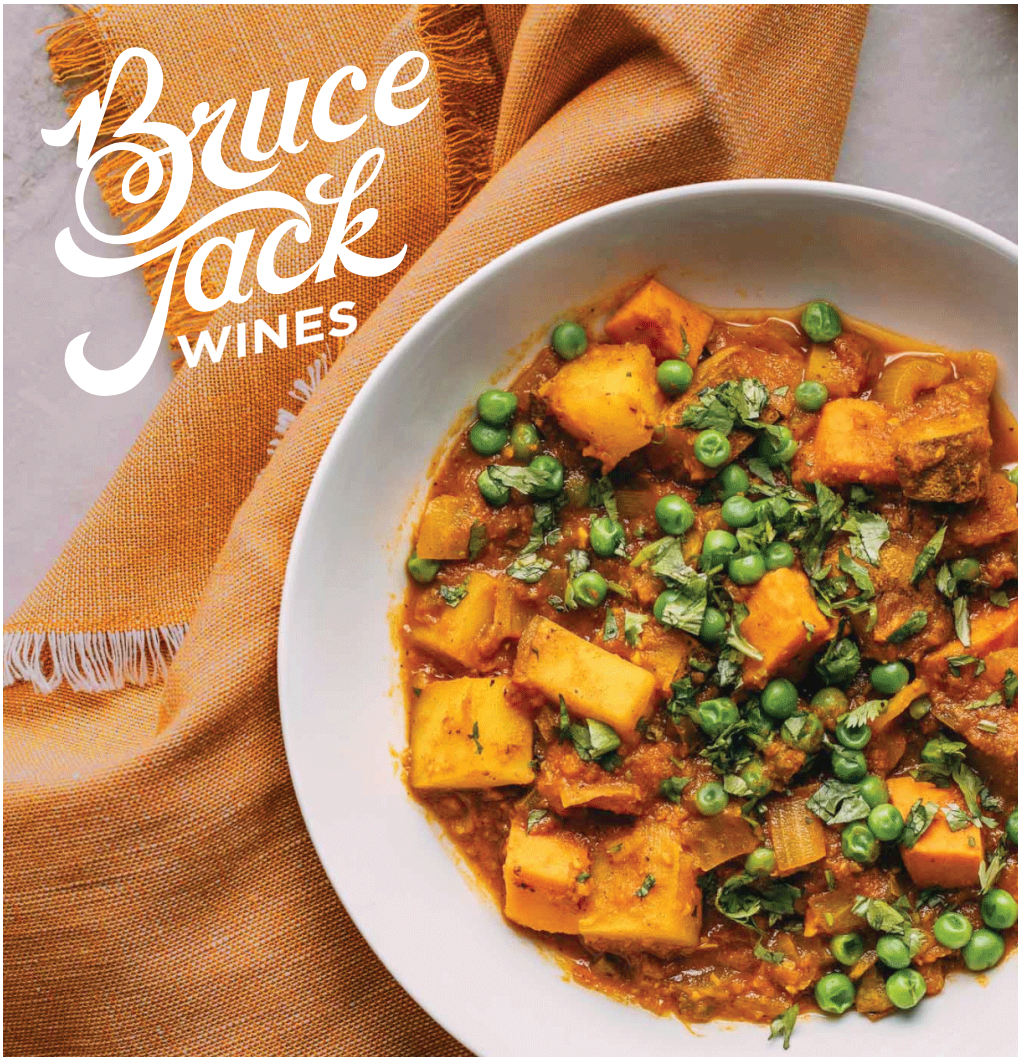

BRUCE JACK WINES

Vegan Pea & Potato Curry

WINE PAIRING

Bruce Jack Shiraz

Prep Time
10 Minutes

Cook Time
20 Minutes

Yields
Serves 6

INGREDIENTS AND PREPARATION

4 medium potatoes (peeled & chopped into bite-sized pieces)
1 cup of sweet potato (peeled & chopped into bite-sized pieces)
1 small onion (chopped)
2 tomatoes (blended) **or one can of diced tomatoes**
1.5 cups water or vegetable broth
3 cloves garlic (minced)
1 raw Jalapeño pepper (chopped)
1/2 cup frozen peas
2.5 cm piece of ginger (minced)
1 tsp cumin seeds (crushed) **or ground cumin**
1 tsp coriander seeds (crushed) **or ground coriander**
1/2 tsp turmeric powder
1/4 tsp cayenne pepper
1/2 tsp garam masala
1/2 tsp of dried curry powder
1 tsp salt (or to taste)
1 tsp of maple syrup or unrefined coconut sugar
1/2 cup of fresh cilantro chopped for serving
Optional red pepper/chilli flakes for extra heat when serving, and a dollop of vegan sour cream or plain, dairy-free yogurt for topping.

INSTRUCTIONS

1. To speed things up, cook the potatoes and sweet potatoes until slightly tender using an air fryer, oven, or by boiling. Preheat to 180°C and cook for about ten minutes.

2. Then, if you are using whole spices rather than ground, coarsely crush the cumin and coriander seeds in a spice grinder or by hand using a mortar and pestle.

3. Add the tomatoes, 250ml of water, garlic, and ginger to a blender or food processor, and blend into a purée.

4. To keep this meal oil-free, heat a splash of broth or water in a deep skillet over medium heat. Add the crushed cumin seeds and coriander and cook for a minute or so while stirring. Add another splash of water or vegetable broth if the toasty spices become too dry.

5. Stir in the chopped onion and cook for three or four minutes or until the onion looks translucent. Then, sprinkle in the ground turmeric and cayenne, stirring and cooking for another minute or two.

6. Stir in the blended tomato purée and cook for four minutes. Add the salt and cook for ten minutes.

7. Add the pre-cooked potatoes and sweet potatoes, stir and cover for another ten minutes over medium to high heat.

8. Stir in the Garam Masala and frozen peas, cover and cook for a minute - or just enough to thaw and warm the peas.

9. Taste and adjust the salt as needed. Stir in about half of the chopped cilantro (or coriander) and serve with additional cilantro and optional red pepper/chilli flakes on the side for more heat. Enjoy this dish spooned over a batch of your favourite rice.

10. An optional dollop of vegan sour cream, or plain, dairy-free yogurt for topping your curry tastes wonderful with the potatoes and acts as a coolant if you opt to go spicier with the seasonings.

NOTE: For added protein, you can include chicken.

WINE PAIRING - OUR DELICIOUS BRUCE JACK LIFESTYLE SHIRAZ

South African Shiraz sits perfectly between the blockbusters of the Barossa and the refinement of the Rhône. We love the raspberry, Indian spice, and ripe plum aromas. The palate is full and rich, with dark chocolate, black forest fruit, and smooth, sexy tannins. It can be enjoyed now or cellared at a cool temperature for up to 5 years.