

Sunday Kidney Bean & Tomato Curry Recipe

Throughout my childhood, we looked forward to Sunday lunch, when my grandmother would bring out the pot of red bean curry and plain basmati rice. When I sit down to a pot of these beans, I feel that all is right with the world. Over the years, even though I have come up with my own version of the beans, the main flavor of those Sunday afternoons remains the same. Easy and quick to make, this dish tastes as if a lot of work went into it-perfect for a Sunday when you want to relax and eat well. —Vikas Khanna

From "Flavors First: An Indian Chef's Culinary Journey" by Vikas Khanna, Lake Isle Press, 2011

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 teaspoon cumin seeds
- 2 medium red onions, finely chopped
- 1½ teaspoons chopped fresh thyme
- 2 teaspoons peeled, minced fresh ginger
- 4 cloves garlic, minced
- 2 fresh green chile peppers (such as serrano), minced
- 2 large plum tomatoes, chopped
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- ¼ teaspoon ground turmeric
- 1 teaspoon garam masala
- 1 (15½ -ounce) can kidney beans, rinsed and drained
- 2 cups water
- ½ teaspoon salt
- 2 sprigs fresh cilantro, for garnish

PREPARATION

1. In a large saucepan, heat the oil over medium-high heat; add the cumin seeds and let sizzle for 1 minute. Add the onions and thyme and cook, stirring frequently, until the onions begin to brown, about 5 minutes. Add the ginger, garlic, green chiles, tomatoes, coriander, cumin, turmeric, and garam masala and fry until very fragrant, 4 to 5 minutes.
2. To the same saucepan, add the beans, water, and salt and cook until the flavors are well developed, about 10 minutes.
3. Reduce heat to low. Remove about ½ cup beans, mash them, and add back to the pot. Mix well. Simmer until sauce thickens, about 10 minutes. Adjust the salt to taste.
4. Transfer to a serving bowl and serve garnished with a few sprigs of cilantro.

Serves 4

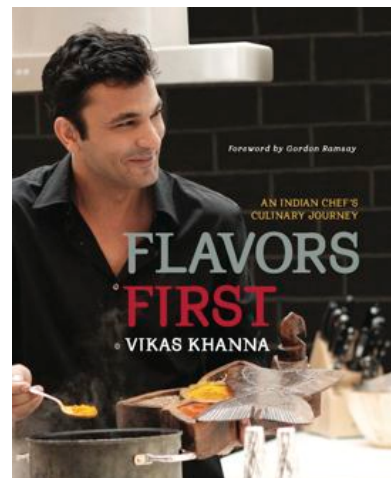


Dara O'Brien

FLAVORS FIRST By Vikas Khanna

"Vikas Khanna's enthusiasm for food is so intense that it practically explodes off the page. I could taste the dishes just by reading the recipes." —Jean-Georges Vongerichten

Flavors First draws from celebrated Indian Chef Vikas Khanna's culinary journey from his native India to his experience as a Michelin-starred chef in New York. With chapters devoted to every part of an Indian meal (even breads, chutneys, desserts and beverages) and an ingredient and spice glossary that includes tips on handling and storage, *Flavors First* is an indispensable resource on Indian home cooking



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