

Spiced Cauliflower and Potatoes

Also Gobi | SLOW COOKER SIZE: 4- OR 5-QUART • COOKING TIME: 3 HOURS ON LOW • YIELD: 7 CUPS (1.66 L)

Until I made this myself in the slow cooker, I refused to believe my mother-in-law when she said it was possible. I also wondered why I wouldn't just make this dish on the stovetop, where it could sit for less time. After trying it once, I realized the answer: because I can now stick it in my slow cooker and go about my day. I don't think twice about the kids near the stove or anything burning.

My father—the real foodie of the family—also wouldn't believe this dish could be made well in the slow cooker, so he just had to try it himself. He had me on the phone in excitement for half an hour after trying it for the first time. He insists on the tomato. I like it better without. You be the judge.

- 1 large cauliflower, washed and cut into 1-inch pieces (about 8 cups/1.89 L)
- 1 large potato (russet or yellow), peeled and diced (about 2 cups/473 mL)
- 1 medium yellow or red onion, peeled and coarsely chopped
- 1 medium tomato, diced (optional)
- 1 (2-inch [5 cm]) piece ginger, peeled and grated
- 3 cloves garlic, peeled and chopped, minced, or grated
- 3–4 green Thai, serrano, or cayenne chilies, stems removed, chopped or sliced lengthwise
- 1 tablespoon (15 mL) cumin seeds
- 1 tablespoon (15 mL) red chili powder
- 1 tablespoon (15 mL) garam masala
- 1 tablespoon (15 mL) salt
- 1 teaspoon (5 mL) turmeric powder
- 3 tablespoons (50 mL) vegetable or canola oil
- 1 heaping tablespoon (20 mL) fresh cilantro, chopped

1. Put all the ingredients except the cilantro in the slow cooker. Mix well.
2. Cook on low for 3 hours. Mix once or twice during cooking, especially in the beginning. Eventually the cauliflower will release enough liquid to prevent anything from sticking to the sides of the slow cooker.
3. Add cilantro. Mix well but gently so as not to break up the cauliflower. Serve with roti or naan and a side of onion and cucumber salad.

To make this dish in a 3½-quart slow cooker, halve all the ingredients and proceed with the recipe. A half recipe makes 4 cups (946 mL).