



What
geeks
eat...

1 1/2 Tbs black peppercorns
3/4 Tbs black cumin seeds (kala jeera)
1 1/2 tsp whole cloves
4 large green cardamom pods
2" stick of cinnamon
1/2 a whole nutmeg
2 star anise

Gently roast all spices and grind everything to a fine powder in a coffee or spice grinder. Makes enough for two batches.

1 onion
1 potato
1/2 head of cauliflower
1 chicken breast
canola oil

Peel and dice the onion. Heat 1 tablespoon of oil in a heavy pan and toss the onions and half of the garam masala spice mix into the pan. Stir and cook over medium heat.

While the onions are cooking peel and dice the potato. Add it to the pan. Segment the cauliflower into small florets and add it to the pan too. Lastly dice the chicken and add it to the pan. Add salt. Add just a bit of water or chicken stock to come up about halfway on the ingredients. Cover and allow the ingredients to heat up to a boil and then immediately lower the heat to a simmer.

Let the covered pot simmer until the potatoes begin to get tender then remove the lid and adjust seasonings. Maybe add more salt, more garam masala (just a bit). Check the liquid level and adjust by adding more water, stock, or cream or allowing it to cook down. When the ingredients are all tender and the seasoning and consistency is right then you are ready to eat. For me it cooked for about 30 minutes total...20 with the lid on and 10 with it off.