

What's Cookin': Easy to make curry

Long recipe again this week, so not much room for a column, but sufficient to say this dish is very easy to make and has a wonderful subtle flavour. It is not spicy (as long as you take the seeds out of the chilis). But you can certainly spice it up by leaving some seeds in or by adding some sriracha hot sauce to the finished product. Have fun and keep cooking!

Thai Vegetable Curry

Serves 4

Ingredients

- 2 tsp coconut oil
- 1 batch spice paste (see below)
- 2 cups coconut milk
- 2 cups vegetable broth
- one half lb. new potatoes, washed, halved
- 1 can baby corn cobs, cut in half lengthwise
- 1 head broccoli, cut into flowerettes
- 1 orange pepper, seeded and sliced
- 1 cup sliced fresh spinach
- chopped cilantro, sliced green onions, chopped peanuts to garnish

Spice Paste

- 3 green finger chilis, seeds removed, chopped
- 1 lemon grass stalk, outer leaves removed, lower 2 inches chopped
- 2 shallots, chopped
- 1 lime, rind only, finely grated
- 2 garlic cloves, chopped
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 inch piece fresh ginger,

Lori Gysel & Gerry Kentner



peeled and chopped

- 1/4 cup chopped fresh cilantro (stems and leaves)

Method

1. Process all spice paste ingredients in food processor.

2. Heat coconut oil in a large pot. Add spice paste and cook for 2-3 minutes.

3. Add coconut milk and vegetable broth, bring to a boil.

Turn heat down to a simmer.

4. Add potatoes and simmer approximately 15 minutes.

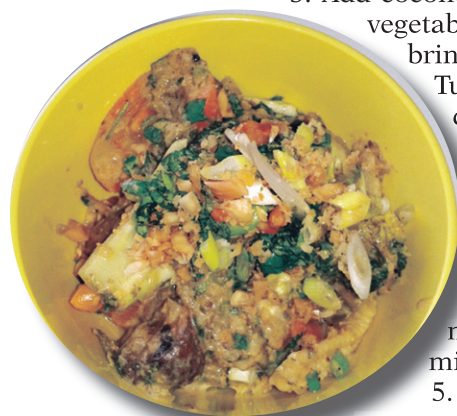
5. Add baby corn, cook for 2

minutes.

6. Add broccoli and pepper. Cook approximately 2 minutes more, until vegetables are slightly softened.

7. Add sliced spinach and half the cilantro. Cook for 2 more minutes. Taste for salt and pepper.

8. Serve over rice and garnish with more cilantro, sliced green onions and chopped peanuts.



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NOTICE OF PUBLIC MEETING

Proposed Development Charges By-law and Underlying Background Study

Wednesday, May 21, 2014 the Council of the Town of Caledon will hold a public meeting, pursuant to Section 12 of the *Development Charges Act, 1997*, to present and obtain public input on the Town's proposed development charges by-law and underlying background study.

All interested parties are invited to attend the Public Meeting of Council and any person who attends the meeting may make representations relating to the proposed by-law and background study.

THE MEETING IS TO BE HELD:

Date: Wednesday, May 21, 2014

Start Time: 7:00 p.m.

Location: Town Hall, 6311 Old Church Road, Caledon

In order that sufficient information is made available to the public, copies of the proposed by-law and the background study are being made available as of May 5, 2014 from the Town Clerk at the above location 905.584.2272 x.4216 and online at the Town's website www.caledon.ca/dcuupdate

Interested persons may express their comments at the Public Meeting or in writing, addressed to the Town Clerk, at the above address prior to May 20, 2014.



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