

## **Taro curry**

**An adaption from Erin Vaid**



*Taro is a water loving plant, which is grown as a root crop, but also its leaves are used. It loves warm weather and very moist conditions. It is a staple in the Pacific Islands and used in many dishes*

**2 Cups Chopped Pumpkin or sweet potato**  
**1 Cup Chopped Taro**  
**1 Large Onion**  
**2 Tbsp olive Oil**  
**10 curry leaf**  
**1 tsp of tamarind**  
**1 tsp Cumin Seeds**  
**200 ml coconut milk**  
**Corriander to garnish**

**2 tsp Garlic, minced**  
**2 chilli, finely chopped**  
**2 tsp Coriander Powder**  
**1 small finger of turmeric, minced**  
**1 tomato or ½ cup tomato chopped**  
**1 tsp mango powder**  
**2 Cups water**  
**1 teaspoon salt**

## Taro curry with banana trunk

- **Chop the pumpkin or sweet potato (if required), onion and taro into medium dice, set aside in separate bowls. Measure and prepare all other ingredients then set aside ready for cooking.**
- **Heat a wok on medium heat, when hot add the oil and the onions cook for 3 minutes, add the curry leaf and the cumin seeds. Cook for a further 5 minutes stirring with a flat end wooden spoon. Add the minced garlic, turmeric, chilli and the chopped taro and pumpkin or banana trunk Allow to cook for 5 minutes**
- **When lightly brown add mango powder, tamarind, coriander and the tomato stir for a few minutes and add the water. Allow to cook on low to medium heat until tender. When checking if it is cooked place a skewer in the taro,<sup>1</sup> if the skewer comes out easily it is done.**
- **Add coconut, milk and salt. Garnish with coriander**

