



Green Cabbage Porridge (Serves 2 people)

Ingredients

- 50gms red rice
- 1 ½ cups of water
- 2 garlic cloves
- 3 shallots
- 1 slice of ginger
- 1/4 cup of thick coconut milk
- 50gms raw green cabbage sliced and cut into small parts
- Salt to taste

Method

Put the rice with water in a pan and cook on medium heat for about 15 minutes until the rice is fully cooked and soft to the touch.

While the rice is being cooked, blend the cabbage leaves, garlic and shallots. Strain the pulp to get the juice and keep aside.

Once the rice is cooked, mash the rice with a potato masher or in a blender and add the juice into the pan of rice porridge. Then add the coconut milk and ~~boil~~ simmer on low heat for 2-3mins and remove from the fire.

This is a meal in itself. Perfect for breakfast.

**Note: Keep the pot open without closing once the soup is made. You can substitute other green leafy vegetables instead of cabbage if you wish.*





Carrot and Potato Curry (Serves two people)

Ingredients

- 150gms carrot sliced
- 100gms potato peeled and cubed
- 3 Shallots sliced
- 2 Cloves Garlic sliced
- 2 pinches Turmeric
- 1/4 teaspoon curry powder
- 1/4 teaspoon fenugreek
- 1 sprig curry leaves
- 1/4 cup thin coconut milk (or water)
- 1/8 cup thick coconut milk
- 3/4 drops of lime juice
- Salt to taste.

Method

Put all ingredients (except lime juice) in a pan with the thin coconut milk and cook on medium fire until the potato is tender. Now add the thick coconut milk and let it simmer until you get a thick curry.

Remove from fire and add 3 - 4 drops of lime juice.

The curry is ready to be served with rice as an accompaniment.

