

JAMAICAN CHICKPEA & CAULIFLOWER CURRY

with Rompin' Rasta Sauce (Vegetarian)

Prep: 15 mins Cook: 25 mins Servings: 4 - 6 Heat: Medium-Hot



INGREDIENTS

SPICED VEGGIES & CHICKPEAS

- 1 can (15oz/400g) chickpeas, rinsed and drained
- ½ head cauliflower, cut into bite-sized florets
- 1 red bell pepper, chopped
- 2 tbsp Jamaican curry powder, divided (1 tbsp for veggies, 1 tbsp for blooming)
- 4 cloves garlic, minced
- 1 tbsp fresh ginger, finely grated
- 3 spring onions (scallions), finely sliced
- 4 sprigs fresh thyme
- 1 tsp sea salt & 1 tsp freshly cracked black pepper

CURRY BASE

- 2 tbsp neutral cooking oil (vegetable, canola, or peanut)
- 1 medium yellow onion, diced
- 2 Yukon Gold potatoes, peeled & cut into bite-sized cubes
- 1 medium carrot, peeled & sliced into rounds
- 1 whole Scotch bonnet pepper (pierced once to release flavor without extreme heat)
- 1 cup (240ml) Rompin' Rasta Sauce (Caribbean mango coconut curry)
- ¾ cup vegetable stock (low-sodium)
- Juice of ½ fresh lime

INSTRUCTIONS

1. **SEASON VEGGIES:** In a large mixing bowl, combine the chickpeas, cauliflower florets, and red bell pepper with 1 tablespoon of the Jamaican curry powder, minced garlic, grated ginger, sliced spring onions, thyme sprigs, salt, and black pepper. Toss well until the vegetables are evenly coated in the spices.
2. **BLOOM THE CURRY:** Heat the cooking oil in a large Dutch oven or heavy-bottomed pot over medium heat. Add the remaining 1 tablespoon of curry powder to the oil. Stir continuously for 45 to 60 seconds until fragrant and lightly bubbling—this blooms the spices and deepens the flavor.
3. **SAUTÉ:** Add the spiced chickpea and vegetable mixture (along with all the aromatics) into the pot. Sauté over medium-high heat for about 5 minutes, allowing the spices to toast and the vegetables to slightly soften.
4. **COMBINE:** Add the diced yellow onion, carrots, diced potatoes, pierced Scotch bonnet pepper, Rompin' Rasta Sauce, and vegetable stock into the pot. Stir thoroughly, scraping up any flavorful bits from the base of the pot.
5. **SIMMER:** Bring the liquid to a gentle boil, then reduce heat to medium-low. Cover tightly with a lid and simmer for 15-20 minutes, or until the potatoes and cauliflower are fork-tender.
6. **FINISH & SERVE:** Uncover and let simmer for 2-3 minutes if you prefer a thicker sauce. Carefully remove and discard the whole Scotch bonnet and bare thyme stems. Stir in the fresh lime juice, adjust salt to taste, and serve hot over rice and peas or steamed jasmine rice.

HOMEMADE JAMAICAN CURRY POWDER

Recipe adapted from Chili Pepper Madness

SPICE BLEND INGREDIENTS:

- 2 ½ tbsp ground coriander | 2 tbsp ground mustard
- 2 tbsp ground turmeric | 1 tbsp ground allspice
- 1 tbsp ground fenugreek | 2 ½ tsp ground cumin
- 2 tsp ground ginger | 1 ½ tsp ground black pepper
- ½ to 1 tsp Scotch bonnet powder (or cayenne)

INSTRUCTIONS:

Toasting (optional): For maximum aromatics, lightly toast whole seeds in a dry pan over medium-low heat for 2-3 minutes until fragrant, then grind finely in a spice mill.

Mixing & Storage: Whisk all ground spices in a small bowl until uniform. Store in an airtight spice container in a cool, dark pantry for up to 6 months.