

Curried Callaloo

Yuh might be tempted to say … den somebody can curry callaloo? Oh yes, and trust me … it is wonderful

What Yuh A Go Need : 4 cups shredded calaloo 3 medium potatoes 1/4 cup of chopped sweet pepper 3 scallions, or one medium sized onion chopped finely 1 tablespoon vegetable oil 1/2 cup canned corn, drained 2 sprigs thyme or rosemary 1 tomato chopped and de-seeded 1/3 cup of curry 1/4 cup powdered coconut milk

What Yuh A Go Do: Wash callaloo leaves Cut up callaloo leaves in pieces. Dice and boil the potatoes for about three minutes Heat the vegetable oil in a saucepan Sauté the onion or scallions and sweet pepper in the vegetable oil Add the coconut milk, curry and other ingredients and let simmer for 8 minutes, stirring constantly. Serve your curried callaloo with brown rice, or with yam, dumplings and boiled green bananas