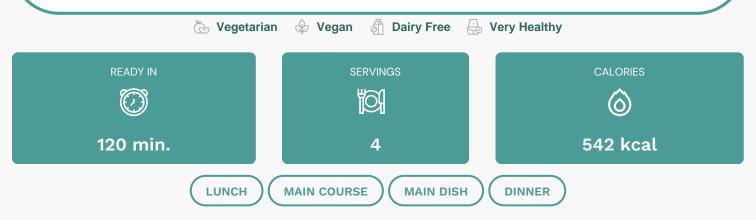


Summer Vegetable Ragout with Exotic Curry Sauce



Ingredients

2.5 tablespoons flour
2 cups arugula packed ()
0.3 cup basil fresh
15 ounce garbanzo beans drained canned (chickpeas)
1 small carrots peeled chopped
2 cups carrot juice fresh
2 tablespoons curry powder (preferably Madras)

	4 ears corn husked	
	1.5 pounds eggplant peeled cut into 1-inch cubes (2 medium)	
	1 piece ginger fresh unpeeled thinly sliced	
	1 cup apples i use 2 granny smith apples peeled finely chopped	
	1 pound turtle beans trimmed cut into 2-inch lengths	
	1 stalk lemon grass with meat mallet to flatten slightly coarsely chopped	
	1 cup onion chopped	
	5 tablespoons vegetable oil divided	
	1 pound to 3 sized squashes yellow assorted cut into 1-inch pieces (such as zucchini, crookneck, and pattypan)	
Equipment		
	bowl	
	baking sheet	
	sauce pan	
	oven	
	pot	
	sieve	
	tongs	
Directions		
	Heat 1 tablespoon oil inlarge saucepan over medium heat.	
	Addonion, carrot, lemongrass, and ginger; sautéuntil slightly softened but not brown, about5 minutes.	
	Add apple and curry powder;sauté until vegetables are tender, about 8minutes.	
	Add remaining 2 tablespoons oil, then flour and stir 1 to 2 minutes. Graduallypour in carrot juice; bring to boil, whiskingconstantly. Reduce heat to medium-low; simmer uncovered until sauce is slightlythickened and reduced to generous 2 1/2 cups, about 20 minutes. Strain sauce through finestrainer set over bowl, pressing on solids to extract as much liquid as possible; discardsolids in strainer. Season to taste withsalt and freshly ground pepper. DO AHEAD:	

Curry sauce can be made 1 day ahead. Coolslightly. Cover; chill. Rewarm before using.		
Preheat oven to 400&defF.		
Place eggplant cubes in large bowl.		
Add 3tablespoons oil and toss to coat; sprinklewith salt.		
Spread eggplant cubes in evenlayer on large rimmed baking sheet. Tosssquash and remaining 2 tablespoons oil insame bowl.		
Sprinkle with salt and pepper.		
Spread squash in even layer on another largerimmed baking sheet. Roast until squashand eggplant are light golden and tender, turning occasionally, about 25 minutesfor squash and 40 minutes for eggplant.		
Remove baking sheets with vegetablesfrom oven and set aside. Fill large bowlwith water and ice. Cook beans in largepot of boiling salted water until just crisp-tender,2 to 4 minutes, depending on size ofbeans. Using tongs, transfer beans to bowlof ice water to cool.		
Drain. Maintain boilingwater in same pot; add corn. Cook untilcorn is just tender, about 5 minutes.		
Draincorn. Cool slightly.		
Cut kernels off corncobs; discard cobs. DO AHEAD: Vegetablescan be made 4 hours ahead.		
Combine allvegetables on large rimmed baking sheet.		
Let stand at room temperature.		
Preheat oven to 400°F.		
Mix garbanzobeans into vegetables; bake until heatedthrough, about 15 minutes.		
Combine hot vegetables and hot currysauce in large bowl. Season to taste withsalt and pepper. Stir in arugula and basil.		
Pour a light red, like the		
Franz Gojer 2007 "Glögglhof" St. Magdalener		
Rondell (Italy, \$28).		
Nutrition Facts		
PROTEIN 11.38% FAT 33.72% CARBS 54.9%		

Properties

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Peonidin: 0.01mg, Peonidi

Nutrients (% of daily need)

Calories: 542.07kcal (27.1%), Fat: 21.89g (33.68%), Saturated Fat: 3.36g (21.02%), Carbohydrates: 80.21g (26.74%), Net Carbohydrates: 61.61g (22.4%), Sugar: 24.62g (27.36%), Cholesterol: Omg (0%), Sodium: 414.8mg (18.03%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 16.62g (33.24%), Vitamin A: 25468.64IU (509.37%), Manganese: 2.25mg (112.65%), Vitamin C: 70.52mg (85.48%), Vitamin K: 81.81µg (77.91%), Fiber: 18.59g (74.38%), Folate: 290.64µg (72.66%), Vitamin B6: 1.36mg (68.14%), Potassium: 1923.12mg (54.95%), Magnesium: 176.61mg (44.15%), Phosphorus: 387.08mg (38.71%), Iron: 6.13mg (34.07%), Vitamin B1: 0.49mg (32.47%), Copper: 0.63mg (31.43%), Vitamin E: 4.34mg (28.92%), Vitamin B2: 0.43mg (25.15%), Vitamin B3: 4.52mg (22.6%), Vitamin B5: 2.06mg (20.61%), Calcium: 202.29mg (20.23%), Zinc: 2.83mg (18.85%), Selenium: 6.5µg (9.28%)