

Vegetable Korma

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour

Chef's Notes

Feel free to experiment with the ratios and types of vegetables. For instance, carrots would also work well in this mixed vegetable korma.

Step 1: Making the Spice Paste

- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tsp garam masala
- 1 tsp ground turmeric
- 1/2 tsp Kashmiri powder (or other chile powder)
- 1/2 tsp paprika
- 1/4 cup tomato paste
- 1 tbsp tamarind paste (optional)
- good pinch asafoetida (optional)

To make the spice paste, simply add all of the ingredients to a food processor and blend until it has a paste-like consistency. Set aside.

*Note: If you do not have a particular spice—like Kashmiri chile powder, for instance—you could use regular chili powder. You could also simply omit a spice, if you don't have it however, it is important to note that this will change the flavor profile and complexity of the dish.

Step 2: Gathering & Preparing Your Mise en Place

- 1 tbsp non-dairy butter or oil
- 1 onion, diced
- sea salt, to taste
- 1 large potato (approx 2 cups) peeled and diced
- 1 1/2 cups cauliflower florets
- 1 cup peas, fresh or frozen

To start, heat a large Dutch oven, or fry pan, over medium-low heat. Once hot, add the butter and onions, along with a good pinch of salt. Let cook for 30 to 40 minutes, or until they are very soft and translucent.

In the meantime, steam the potatoes and cauliflower until they are just cooked through. Once done, set aside until the onions are ready.

Step 3: Cooking & Finishing the Dish

- 1/2 to 1 cup Cashew Cream
- fresh cilantro, for garnish (optional)

Once the onions are soft and translucent, add the curry paste and continue to cook for another 2 or 3 minutes, or until fragrant and heated through.

Next, add the vegetables and gently fold everything together to evenly coat them in the onion/spice mixture. Let cook for a minute or so, and add the Cashew Cream. Gently fold everything together and let cook for another few minutes, stirring frequently to ensure nothing is sticking and/or burning. If needed, add a touch of water and let cook until heated through.

To finish the dish, taste for seasoning and turn off the heat. Garnish with fresh cilantro if desired.

This dish goes particularly well with Pilau Rice and crispy Pappadams.