CURRY WITH CASHEWS, CAULIFLOWER, PEAS, AND COCONUT

This recipe is adapted from New York Times Cooking.

1 (1-inch) piece fresh ginger, peeled and chopped
2-3 garlic cloves, chopped
1 green chili, seeded and chopped (optional; use this if you like "heat")

¼ cup sherry, white wine or dry vermouth, more as needed
2 large onions, finely chopped
1 tablespoon tomato paste
1½ teaspoons ground coriander
1¼ teaspoons ground cumin
½ teaspoon chili powder
½ tsp salt
1 large head cauliflower (about 1¼ pounds), broken into bite-size florets
1 (14-ounce) can unsweetened coconut milk
4 ounces unsalted cashews (about ¾ cup)
½ cup frozen peas
½ teaspoon garam masala

1 small bunch cilantro, leaves chopped, for serving
Lemon wedge, for serving

Cooked basmati rice, for serving



Finely chop the ginger, garlic and green chili (if using) and mash into a coarse paste using the flat portion of your knife.

In a large skillet with a lid, heat 1/4 cup of sherry or white wine. Cook the onions until transparent, about 5 min. Add the ginger paste and cook, stirring, until fragrant, 3 to 4 minutes.

Stir in the tomato paste, coriander, cumin, chili powder and 1/2 tsp salt. Stir in the cauliflower and coconut milk and bring to a simmer. Reduce the heat to low, cover and cook until the cauliflower is tender, 10 to 12 minutes.

Meanwhile, dry toast the cashews in a 200 degree oven for 5 minutes. Transfer to a plate to cool.

Add the peas and garam masala to the cauliflower mixture and cook, stirring, 5 minutes.

Top the curry with the cashews, cilantro and a squeeze of lemon just before serving. Serve with a big steaming bowl of brown rice, preferably fragrant basmati or jasmine rice. (A recipe for BROWN RICE is included in the "Basic Recipes" posted on this site.)

Note: To make this recipe lower in fat, use another plant milk instead of the canned coconut milk. You can add coconut extract along with the plant milk, to give the dish a distinctive coconut taste; one brand is Flavorganics.

