



Cashew Paste Vegetable Curry

This month we are delighted to have a recipe from Eric Toralba, Chef at the Craigvrack Hotel, Pitlochry.

Ingredients - Serves 4

- 200g Cashew nuts roasted
- 20g Ginger finely chopped
- 20g Lemongrass finely chopped
- 4 Cloves garlic chopped
- 1 Medium onion chopped
- 50g Coriander leaves
- 400ml Coconut milk
- 1 tablespoon curry powder
- ½ teaspoon turmeric powder
- 4 Tablespoon Olive oil
- 2 Red Chillies (Optional)
- 1 Medium onion diced
- 1 Red Pepper diced
- 1 Green Pepper diced
- 200g Broccoli florets
- 200g Cauliflower florets
- 200g Carrots diced
- 150g Baby Corn halved

Method

1. Heat the oil on medium, sauté the garlic and chopped onion till brown then add the ginger and lemongrass, then add the roasted cashew nuts and mix well.
2. Add curry powder, turmeric powder, chilli and coriander leaves, keep mixing for two minutes then add the coconut milk and salt & pepper to taste.
3. Simmer for 5 minutes.
4. Pour the mixture in the blender and blend until smooth. Add water if too thick. Set aside.

Prepare the Vegetables

1. Blanch the cauliflower, broccoli, carrots and baby corn till al dente or your desired cooking tenderness.
2. Heat a medium pan with oil, sauté the diced onion till translucent, add the peppers and then keep mixing until they are soft.
3. Add broccoli, cauliflower, carrots and baby corn to the mixture.
4. Pour the cashew curry paste into the mixture and mix well till combined.
5. Heat through and serve with natural yogurt or sour cream, garlic bread or boiled rice.