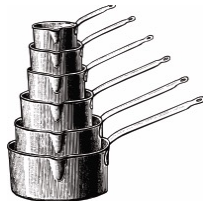


VEGETABLE KORMA (VEGAN)

4 SERVINGS
1 HOUR 15 MINUTES

INGREDIENTS

3 tb olive oil (or any really)
1 tbsp hot curry powder
1 tsp cumin seed
1 yellow onion, diced
1 garlic clove, minced
2" ginger, peeled and minced
2 carrots, peeled and sliced
1 baking potato, peeled and diced (1" cubes)
12 green beans, cut in half
1 (or 2) serrano peppers, deseeded and chopped
1/2 cup pistachios
1 tbsp garam masala
1 tsp smoked paprika
1 tsp ground turmeric
1 tsp ground cinnamon
2 tsp kosher salt
1 cup vegetable broth
1 (12.5oz) can chopped tomatoes
1 cup coconut milk
1 cup frozen peas, thawed
1/2 cup golden raisins



(Recipe Notes: Prepare everything beforehand and have it organized so you don't miss anything when you get passed cooking the onions.)

Heat the oil on medium and then add curry and cumin seed. Stir around and allow to cook for about 1 minute. Don't worry if the seeds start to pop a little.

Add onions and cook until translucent (about 8 minutes), stirring frequently.

Add ginger and garlic, stir around and allow to cook for about 30 seconds or until garlic becomes fragrant.

Stir in the carrots, potatoes, green beans, pistachios and peppers. Continue to stir while adding the garam masala, paprika, turmeric, cinnamon, and salt. Allow it to cook for a minute.

Add broth, tomatoes, and coconut milk, and bring to a boil. Reduce to a low simmer and cover for about 40 minutes. Stir occasionally. It's good to test the flavor a bit towards the end in case you need to add a little more salt or heat with crushed red pepper flakes. I sometimes remove the lid after 15-20 minutes to reduce the mix a bit. In the end, the starches from the potatoes will thicken this up by the 30-40 minute mark.

(If you are making rice on the stovetop, this would be a great time to do it.)

Once the potatoes and carrots are cooked through, and the sauce has thickened, remove lid, add peas and raisins, and allow to cook on low for about 5 minutes.

You're ready! I'd allow it to cool for 5-10 minutes though.