

Mushroom Korma

Itsi Weinstock - adapted from Vah Chef

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Preparation 1

1. Dice one **onion**.
2. Make a paste of 3 cloves of **garlic** and 1 inch of **ginger**.

Cooking 1

1. In a small pot, simmer 40 **cashews**, 20 **almonds**, and 2 **tbsp poppy seeds** in water to cover. Keep simmering until it's time to blend
2. Add 2 **tbsp of oil** to a large pan. Add spices: one **cinnamon stick**, cracked into pieces, 5 **cloves**, 2 **bay leaves**, 1 **tsp mustard seeds** and 1 **tsp cumin seeds** until spluttering, 2 **dried chillies** ripped into pieces and 1/4 **tsp asafoetida**.
3. On high heat, add **onion**, 1 **tsp salt** and 1/4 **tsp baking soda**. Stir frequently until a brown coating is on the bottom of the pan (3-4 minutes). Add a little water, scrape up browned bits. Repeat until onions are deep brown (10 minutes).

Preparation 2

3. Roughly chop and blend 2 **tomatoes**, with a little water if necessary.
4. Blend the nut and water mixture, adding more water if necessary.

Cooking 2

4. When onions are cooked, add the **ginger-garlic paste** and fry until fragrant (30 seconds).
5. Add the **tomatoes**, 1/4 **tsp turmeric**, and 1 **tsp each of coriander powder**, **cumin powder** and **paprika**. Cook on medium heat until most of the water is gone and the pot is frying.
6. Add the nut paste, cook on low until most of the water is gone and the pot is frying.

Preparation 3

5. Wash and cut 500g of **mushrooms** to desired size.
6. Chop 4 **spring onions** into 5cm pieces.
7. Chop a small bunch of **coriander**.

Cooking 3

7. Add the mushrooms, 2 **tsp garam masala**, and 2 **tsp cacao powder**.
8. Once mushrooms are cooked, add water to desired consistency and salt to taste. Add spring onions and coriander.

Servings: 4

Ingredients:

1	onion
500 g	mushrooms
2	tomatoes
4 stalks	spring onion
small bunch	coriander leaves
3 cloves	garlic
1 inch	ginger
40	raw cashews
20	raw almonds
2 tbsp	poppy seeds
1 stick	cinnamon
5	cloves
2	bay leaves
1 tsp	mustard seeds
1 tsp	cumin seeds
2	dried red chillies
1/4 tsp	asafoetida
1/4 tsp	turmeric
1 tsp	coriander powder
1 tsp	cumin powder
1 tsp	paprika
2 tsp	garam masala
2 tsp	cacao powder
1/4 tsp	baking soda