

Cashew Curry

Inspired by a recipe in the Washington Post

<p>3 cups boiling water 10 ounces raw cashews</p> <p>2 Tablespoons coconut oil</p> <p>Chopped vegetables: 2 medium yellow onions 1-2 red or green bell peppers 1 cup carrots 1 potato 1 small spicy pepper (optional)</p> <p>5 cloves garlic, minced 1 ½ teaspoons grated fresh ginger</p> <p>2 Tablespoons curry power 1 teaspoon ground turmeric ½ teaspoon fine salt ¼ teaspoon black pepper</p> <p>One 13.5-ounce can unsweetened coconut cream, or coconut milk 1 3-inch cinnamon stick 1 cup water (only ½ cup if using coconut milk)</p> <p>½ - 1 cup frozen peas</p> <p>1 Tablespoon fresh lime juice</p>	<p>In a large heat-proof bowl, pour the water over the cashews, covering them by about an inch. Let soak for 20 minutes, then drain.</p> <p>In a large, deep skillet over medium heat, melt the coconut oil.</p> <p>Add the vegetables, garlic & ginger and cook, stirring, until the vegetables soften, 5-10 minutes</p> <p>Add the spices, stirring, until the spices are aromatic / sticking to the bottom of the pan, about 1 minute</p> <p>Add the drained cashews and stir to coat well.</p> <p>Add the coconut cream, cinnamon and water. Increase the heat to bring the mixture to a boil, then reduce the heat to medium-low to gently simmer. Cook, stirring occasionally, until the sauce has reduced / thickened, 18-20 min.</p> <p>Add the frozen peas, stirring briefly until they are heated.</p> <p>Stir in the lime juice.</p> <p>Taste and add more salt, pepper, lime juice as needed.</p> <p>Serve over rice.</p>
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