



Vegetable Korma

This recipe for korma - an Indian vegetable stew with a dairy base. It takes some time to prepare but the finished product is incredibly rewarding. This version is loaded with tasty vegetables that combine with the paneer and yogurt to create rich, complex flavors. Note that evaporated milk is substituted for heavy cream to reduce some calories.

This recipe serves 6. Prep time is about 15 minutes, with cooking time around 30 minutes.

Ingredients:

Oil – 2 Tbsp
Broken Cashew Pieces – 2 Tbsp.
Golden Raisins – 1 Tbsp.
Bay Leaf – 1
Cinnamon Stick – 1 inch piece
Green Cardamom – 3
Whole Cloves – 7
White (or Black) Peppercorns – 1/4 tsp.
Broken Cashews – 1/4 cup
Onions – 2 medium, finely chopped
Salt – to taste
Garlic – 2 Tbsp, finely chopped
Ginger – 2 Tbsp, finely chopped
Green Chilies – to taste, finely chopped
Cumin Powder – 1/2 Tbsp
Coriander Powder – 1 Tbsp
Red Chili Powder – to taste
Turmeric Powder – 1/2 tsp.
Evaporated Milk – 5 oz. can
Yogurt – 1/2 cup, well beaten
Paneer – approx. 7 oz., cubed
Tomato – 1 large, cubed
Carrots – 2 (approx. 1 cup), cubed
Cauliflower – 2 cups, cut to bite size florets

Potatoes – 2 medium, cubed
Frozen Green Peas – 1 cup
Green Beans – 1 cup, cut to 1 inch pieces
Cilantro Leaves – 1/2 cup, finely chopped
Water – approx. 2 cups

Preparation Steps:

Use a medium size nonstick pan. Heat the oil.

- Fry the first portion of cashews (2 Tbsp) and raisins until golden brown. Place them on a plate, keeping the oil in the pan.
- Add bay leaf, cinnamon stick, green cardamom, whole cloves and peppercorns to the oil in the pan and roast them for a few seconds.
- Add the 2nd portion of cashews (1/4 cup) and roast until golden brown.
- Add onions, turmeric powder and a little salt. Mix, cover and cook for 3 minutes, stirring often.

While onions are cooking, add cauliflower, green peas, carrots, a little salt, and 1/2 cup water in a microwave safe bowl. Cover and microwave for 3 minutes; stir and cook for an additional 2 minutes in the microwave. Move veggies and water into a separate bowl to cool.

Add ginger, green chilies and garlic to the onions and cook for 2-3 additional minutes or until golden brown. Turn off stove and allow mixture to cool.

Using the same microwave safe bowl as above, add potatoes and a little salt and mix well. Add 1/4 cup water, cover and microwave for 3 minutes. Stir and cook for an additional 2 minutes. Add the potatoes and water and add to the other cooked veggies (from the first microwave process).

In the same microwave safe bowl, add green beans and a little salt and mix. Add 1/4 cup water, cover and cook for 3 minutes; stir and cook for an additional 2 minutes.

Grind cooled onion mixture into a fine paste with approx. 1/4 cup water (add more if necessary).

Return onion paste back to pan and cook until the oil separates. Stir continuously.

Add in cumin powder, coriander powder and red chili powder. Add 1/4 cup water to mix the dry spices.

Add cubed Paneer and mix.

Add tomatoes, stir and cook for 1-2 minutes.

Add evaporated milk and mix.

Reduce heat to low and add beaten yogurt *slowly* while mixing. Bring the mixture to a boil.

Add cooked vegetables with the water from the microwave cooking process. Mix well. Add additional water to ensure the consistency you like. Cook for 5 minutes.

Add in cilantro and mix well.

Garnish with roasted cashews and raisins from first cooking step.

Serve hot with chapati, naan, or rice.

Link to the You Tube video if you want to watch the video again. Click [here](#).