

Cashew-Coconut Korma

1-1/4 cups water	5-6 cauliflower florets, quartered
1 cup coconut milk	2 carrots, peeled and cut into 1/8 inch thick rounds
1/4 cup roasted cashews	6-8 fresh or frozen small green beans or haricots verts
1 yellow onion, roughly chopped	1/2 cup fresh or frozen peas
2 tablespoons Garlic-Ginger Paste (below)	3 fresh pineapple disks, quartered
2 teaspoons ground coriander	2 tablespoons pineapple juice
1 teaspoon salt	1/2 teaspoon garam masala
1/4 rounded teaspoon ground cardamom	Chopped fresh cilantro, for garnish
2 tablespoons coconut or vegetable oil	

Combine first eight ingredients (water through cardamom) in a food processor. Let sit for 15 minutes to allow cashews to soften, then blend until smooth and creamy.

Heat oil in a large sauté pan over medium heat. Add cauliflower and cook 5-8 minutes, stirring only once or twice so that pieces turn golden brown. Stir in cashew mixture and bring to a simmer. Add carrots, green beans, peas, pineapple, and juice. Reduce heat slightly and cook, uncovered, for 18-20 minutes, until vegetables are tender and sauce has reduced by about one-fourth. Stir in garam masala and salt to taste just before serving. Sprinkle with fresh cilantro.

Garlic-Ginger Paste

1 head garlic, cloves separated and peeled
1 2-inch piece fresh ginger, peeled
A touch of water and lemon juice

Blend all ingredients in a food processor until smooth. Scoop into plastic snack bags to store, or freeze in ice-cube trays in handy tablespoon-size portions.