

## Mild Vegan Massaman Curry

By Betty Brown, B Well Ayurveda Health Coach

Balances VK, P in moderation and omit chili peppers

### Ingredients:

- 1/2 cup raw peanuts (see note below for nut free tips)
- 13.66 oz. can of full fat, unsweetened organic coconut milk
- 3 tablespoons mild massaman curry paste (see recipe on page 2)
  
- 1 bay leaf
- 4 tablespoons coconut sugar or jaggary
- 1/2-inch piece of Saigon cassia cinnamon stick
- 1/2 tablespoon tamarind paste
- zest from 1/2 of a small lime
- 1 tsp. tamari sauce
- 1 tsp. toasted sesame oil
- 3 teaspoons sea salt + extra
- 1 1/2 cups water
  
- 1 lb organic tofu cut into 1 inch cubes (firm or extra firm, optional)
- 3/4 lb red potatoes, cut into 1 inch chunks
- 2 medium size carrots, cut into round disks about 1/4 inch thick
- 8 oz. sliced baby bella mushrooms
  
- 3 baby bok choy, cut so white stalk and top greens separated
- 1 medium red onion sliced, medium thickness.
- 1/2 of large sweet red bell pepper, sliced
- 1/2 of large sweet yellow pepper, sliced
- 2 cups of snow peas
  
- cooked brown basmati rice
  
- cilantro or Thai basil for garnish (optional)
- red chili pepper (for extra spice)
- crushed roasted peanuts for garnish (optional)

### Preparation:

- Toast peanuts in a pan until lightly brown, over low to medium heat, for about 5 minutes, stir frequently to prevent burning.
  
- Add 1 cup of coconut milk to a large pot over medium heat.
  
- Add mild massaman curry paste, and mix well with coconut milk into a creamy sauce. Make sure to keep stirring to prevent it from burning.

- Once it starts to gently bubble, turn down heat to med-low to low and simmer for another 10-15 minutes, stirring occasionally making sure it does not burn. It should thicken a bit.
- Add bay leaf, coconut sugar or jaggary, Saigon cassia cinnamon stick, tamarind paste, lime zest, tamari sauce, toasted sesame oil, sea salt, remaining coconut milk and water to pot. Stir to mix well.
- Then add tofu, potatoes, carrots, sliced baby bella mushrooms and white stalks of baby bok choy into pot and cook on medium low uncovered until potato chunks are soft.
- Next add red and yellow bell peppers, snow pea pods, sliced red onion, and green parts of baby bok choy to pot.
- Cook for another 2-3 minutes until baby bok choy greens are bright green in color.
- Taste and season with additional salt and spices as needed.
- Serve over cooked brown basmati rice.
- Add optional garnishes to your taste.

### Mild Massaman Curry Paste

#### Ingredients:

- 1 Tbsp cardamom seeds
- 4 whole cloves
- 2 Tbsp coriander seed
- 1 tsp cumin seed
- 1 tsp. fennel seed
- 1 tsp. chilli pepper flakes
- 1 tsp whole peppercorn or 2 whole long peppers
- 2-3 medium shallots or 1 small red onion chopped.
- 8 garlic cloves, peeled
- 3 stalks lemongrass, sliced
- 3 inch piece of fresh ginger or galangal (Thai ginger), peeled and minced.
- 1 tsp. turmeric
- 2 Tsp. ground Saigon cassia cinnamon
- 1 tsp sea salt
- 1/4 tsp ground nutmeg
- 3 Tbsp. real creamy peanut butter (with no sugar or fillers; may substitute with tahini for a nut free version)
- 1-5Tbsp water, as needed to blend

## Preparation

- Grind your whole spices- cardamom, clove, coriander, cumin, fennel, dried chilie pepper flakes and peppercorn (use a dedicated coffee grinder for spices or a spice grinder)
- Add all remaining ingredients into a food processor (may use high powered blender)
- Process until smooth, adding 1-5 Tbsp. of water as needed to blend into a smooth paste. May add more water as needed to ensure a smooth creamy paste.

For a **nut free version**, omit peanut butter from Mild Massaman Curry Paste replacing it with Tahini paste. Also omit peanuts in Vegan Vegetable Massaman Curry recipe, and replace peanuts with Tahini paste. Omit peanut garnish and try toasted sesame seeds.

Many of the ingredients can be found in your local grocery store but a few ingredients may need to be sourced from an Indian, Asian or international grocery store.

