

Simple Tofu Curry (ASIAN INDIAN)

Yield: 8 Servings- ~1 1/2 cup each

Ingredients

- 32 oz firm tofu
- 2 medium onions, finely chopped
- 1/4 cup tomato puree
- 2 Tbsp Extra Virgin Olive oil
- 2 Tbsp nondairy milk or water
- ~10 cashew nuts
- 1 Tbsp minced garlic
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- *3/4 Tbsp red chili powder*
- *1/2 tsp turmeric powder*
- *1/2 Tbsp coriander powder*
- *1/4 tsp cumin powder*
- *---or 1 1/2 Tbsp of Curry Powder mix---*
- 1/4 tsp Garam Masala powder
- 1/2 tsp dried fenugreek leaves or can use mint or coriander leaves
- 2 cups water for cooking
- 1 sprig fresh curry leaves
- Salt to taste (optional)



Preparation

1. Soak cashew nuts in milk or water for 15 minutes, grind to a fine paste, and set aside.
2. Heat oil in a heavy bottomed vessel, add the chopped onions and garlic and sauté for 4 minutes.
3. Cut tofu into 1 in blocks and add to pan. Cook on high heat for 5 minutes on both sides. Reduce flame.
4. Add red chili powder, turmeric powder, coriander powder, cumin powder and fenugreek and mix. Place lid and cook on low to medium flame for 8 minutes.
5. Add tomato puree and mix. Cook for 3 minutes. Add 2 cups water and salt and cover with lid. Cook on medium flame for 20 minutes or until the chicken is fully cooked.
6. Add Garam Masala powder, cashew nut paste and curry leaves. Mix and cook without lid until you achieve the desired curry consistency.
7. Turn off heat and pour into a serving bowl. Serve warm with rice or rotis.

Tips:

Dried fenugreek is optional. You can substitute for 1/2 tsp of dried mint or coriander leaves. Tomato puree and cashew nut paste are essential for this recipe, so do not omit them.

Curry leaves can be omitted if unavailable.

A ready-made curry powder mix maybe used as substitute for the chili, turmeric, coriander, and cumin powders. Use fresh coriander leaves as a final garnish.