

# Vegan Baharat Korma

Makes Approx. 4 – 5 Servings

Korma is a cooking technique used to prepare meat or vegetables. It involves braising these ingredients in yogurt and stock, producing a thick sauce enhanced with various spices. This technique dates back to the 1500s, originating from the Mughal expansion into South Asia.

Amount	Size	Description
½	Cup	Cashews
14	Oz.	Canned Coconut Milk – Unsweetened, Full Fat
1	Medium	Red Onion – Diced
3	Cloves	Garlic – Minced
1	Tsp.	Fresh Ginger – Minced
¼	Tea.	Ground Fennel
4	Oz.	Tomato Paste
1 ½	Tbl.	Old Norse World Cuisine Lebanese Baharat
3 ½	Cups	Mixed Fresh Vegetables – Peas, Carrots, Corn, Green Beans, etc.
1	Tbl.	Light Brown Sugar
1	Cup	Basmati Rice - Uncooked
-	-	Salt and Pepper to Taste
-	-	Olive Oil as Needed

1. Prepare the basmati rice per package instructions.
2. Combine the cashews and coconut milk until smooth using a blender.
3. Preheat a pot to medium-high heat. Add a few tablespoons of olive oil. Add the onion, garlic, ginger, and fennel when the oil is heated. Sweat for 3 minutes, stirring often.
4. Add the tomato paste, Lebanese Baharat, and vegetables. Cook for a few minutes until they start to soften.

*Tip: Always be mindful of the amount of olive oil in your cookware. Olive oil has a relatively low flash point, which means it can boil away and evaporate at lower temperatures than other oils. In contrast, canola oil has a higher flash point, allowing it to withstand higher temperatures for a longer time before it begins to evaporate. Therefore, when using an oil with a higher flash point, it's essential to cook your dishes until all the oil has been absorbed to avoid compromising the flavor. Exercise caution to avoid using too much oil, which can leave a greasy taste, or too little, which can cause the dish to burn.*

5. Add the cashew mixture and simmer until the vegetables are cooked to al dente.
6. Add brown sugar and stir. Taste and season appropriately with salt.
7. Place some rice on a plate and top it with a serving of korma. Garnish with fresh cilantro.

