

vegetarian

gluten free

Winter Vegetable and Tofu Korma

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Makes about 4 servings

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| 1¾ tsp (9 mL) ground coriander | 12 oz (375 g) cauliflower, cut into tiny florets |
| 1½ tsp (7 mL) turmeric | ⅔ cup (160 mL) toasted sliced almonds, divided |
| 1½ tsp (7 mL) red chili flakes | ¾ tsp (4 mL) salt |
| 1½ tsp (7 mL) ground cumin | 12 oz (375 g) firm tofu, diced or cut into matchsticks |
| ¼ tsp (1 mL) ground cardamom | ½ cup (125 mL) Greek yogurt |
| ¼ tsp (1 mL) ground cinnamon | ½ cup (125 mL) whipping cream (35% MF) |
| 2 onions, diced | 1 small bunch cilantro, finely chopped and diced |
| 2 Tbsp (30 mL) ghee or clarified butter | |
| 1 Tbsp (15 mL) grated fresh ginger | |
| 4 cloves garlic, minced or finely chopped | |
| 1½ lb (750 g) waxy potatoes, peeled and diced | |



An exotic array of spices and a market's worth of vegetables mean you won't miss the meat in this hearty, good-for-you, Indian-style soup. Feel free to use regular vegetable oil, such as sunflower oil, if you don't have ghee.

1. Combine the coriander, turmeric, red chili flakes, cumin, cardamom and cinnamon in a small bowl. Set aside.
2. In a large pot over medium heat, sauté the onions in the ghee, until the onions are softened.
3. Stir in the ginger, then the garlic. Stir in the spice mixture and cook until the spices are very fragrant, 1 to 2 minutes.
4. Stir in the potatoes, cauliflower, half of the almonds and the salt.
5. Add 3 cups (750 mL) water and stir gently. Bring to a boil over high heat, then reduce the heat to medium-low. Simmer, partially covered, until the potatoes are almost cooked, 15 minutes.
6. Stir in the tofu. Simmer until the potatoes are tender and the tofu is heated through, about 5 minutes.
7. Meanwhile, stir together the yogurt, cream and a pinch of salt in a bowl.
8. Reduce the heat to low and add the yogurt mixture all at once and bring the pot back just to the brink of a simmer. (Or serve the yogurt on the side, so people can make their bowl as rich as they like.) Add salt to the soup to taste.
9. Ladle up generous servings topped with cilantro and almonds.

