

Beans, Rice And Everything Nice

Mushroom and Pea Masala with Tofu Paneer



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Ingredients

1 teaspoon cumin seed
1/2 teaspoon turmeric
2 teaspoons ground coriander
1/2 inch stick of cinnamon
1/4 teaspoon ground cayenne pepper
1 small onion, coarsely chopped
1 clove garlic, coarsely chopped
1 inch ginger, coarsely chopped
1 Serrano chili, seeded and coarsely chopped
1/4 teaspoon fenugreek seeds
1 14ounce can no-salt diced tomatoes
1 pound mushrooms, sliced
2 cups frozen peas
1 block firm tofu, cubed
1 - 1-1/2 cups water
cilantro to taste

1. Place the coarsely chopped onion, garlic and ginger in a blender jar along with the seeded and chopped Serrano chili, fenugreek seeds and diced tomatoes. Puree until smooth.
2. Heat a medium-sized saucepan over medium heat. Add the cumin seed and toast until aromatic and the colour has changed slightly. Add in the rest of the spices including the cinnamon stick and toast briefly, until aromatic.
3. Add the tomato puree. Mix thoroughly with the spices, reduce heat to medium-low, cover with a lid and let simmer for 5 minutes.
4. After 5 minutes, add the sliced mushrooms, cubed tofu and frozen peas to the pot along with 1 cup water, stir to mix. Bring to a boil, reduce heat and let simmer 10 minutes, stirring occasionally.
5. Adjust the spices if desired. Add chopped cilantro and serve.