

## Dave's Sweet Potato Korma

### Ingredients:

- 1 10 oz. block of Indian Paneer cheese [See note on p.2] or Mexican Queso Quesadilla or Queso Fresco or other cheese of your choice.
- 2 10 oz. bags of frozen carrots or 2 Cans of sliced carrots
- 1 10 oz. bag of frozen green peas or crowder peas (vegetable(s) of your choice)
- 2 Medium white onions
- 2 Large (not gigantic) sweet potatoes (substitute chicken for the sweet potatoes if you want a meat dish)
- 1 Tbsp - Chopped fresh cilantro leaves
- 1 Tbsp - Grated ginger or ginger paste
- 1 Tbsp - Minced garlic or garlic paste
- 1 Tbsp - salt (or to taste) my preference is for No Salt brand salt substitute
- 1 Tbsp - Red chili powder
- 1 Tbsp - Turmeric
- 2 Tsp - Coriander powder
- 4 Tsp - Curry Powder (as a **substitute** for the turmeric and coriander powder)
- 4 Tsp - Garam Masala Powder
- 1 14 oz. can of coconut cream (or substitute 2 cups of whole plain yogurt or of whole milk)
- 6 Tbsp - coconut oil or butter
- 1/4 Cup of cashew nuts and/or raisins

### Preparation:

1. Pre-bake the sweet potatoes several hours before preparation and let them cool. When they are at room temperature, peel the potatoes and cut into bite size chunks
2. If using canned carrots drain them. If using frozen carrots thaw them. Place the carrots in a blender (or smoothie machine) and puree them.
3. Chop onions while heating oil in a deep skillet or wok and then saute the onions on medium heat. When the onions are soft, clear a spot in the center of the pan and add the garlic. Spread it out in the open space and let it fry for several minutes and then add the ginger. Blend the onions, garlic and ginger and continue the saute. Next add the chopped cilantro leaf stir into the saute.
4. While cooking the onions cook (my preference is steaming) the green peas

or other vegetables that will be used. Note that some vegetables may take longer and will need to be started earlier.

5. Add the carrot puree and blend with the onion saute.
6. Add all of the spices and blend well.
7. Add the coconut cream or other liquid and blend well.
8. Add the cheese (cut into small cubes or shredded) and stir into the sauce.
9. Add the green peas or other vegetable(s) and stir into the sauce.
10. Add the cashews and/or raisins.
11. Add the chunks of sweet potato and stir into the sauce.
12. Cook for several additional minutes and turn off heat.

Serve hot in a bowl or plate that has a lip high enough to prevent the sauce from running off of the plate, if the sauce is very thin, which may happen especially if you use milk. Optionally, it can be served over rice. My preference is for brown Basmati rice. Nan or other bread can also accompany the dish. My preference is for sprouted multi-grain bread.

## **Note: How To Make Paneer Cheese**

Makes about 10 ounces or 2 cups of cheese cubes

### **What You Need**

#### **Ingredients**

- 1/2 gallon
- whole milk, *not UHT pasteurized*
- 1/4 cup
- lemon juice or vinegar
- 1/4 to 1/2 teaspoon
- salt
- Equipment
- 4-quart saucepan
- Slotted spoon
- Strainer or colander
- Mixing bowl
- Cheesecloth, nut bag, or other cloths for straining
- Dinner plates
- Weights, like a 32-ounce can of tomatoes

## Instructions

**Heat the milk:** Pour the milk into the saucepan and set over medium heat. Bring the milk to a bare simmer — just below the boil at around 200°F. Stir the milk occasionally, scraping the bottom of the pot to make sure the milk doesn't scald. When ready, the milk will look foamy and steamy.

**Add the lemon juice:** Remove the milk from heat and stir in the lemon juice. The milk should begin to curdle immediately, but it's ok if it doesn't.

**Let the milk stand for 10 minutes:** Cover the milk and let stand for 10 minutes to give the acid time to completely separate the curds and whey. At the end of 10 minutes, the curds should be completely separated and the liquid should look yellow and watery. If the milk hasn't separated, try adding another tablespoon of acid. If it still won't separate, check your milk and be sure you are using **non-UHT** milk; this kind of milk won't separate.

**Strain the curds:** Set a strainer or colander over a mixing bowl and line it with cheesecloth, a nut bag, or other straining cloth. Carefully scoop or pour the curds into the strainer, letting the whey collect in the bowl beneath.

**Squeeze the curds:** Gather the cheesecloth in your hand and gently squeeze to remove the excess whey.

**Salt the curds:** Open the cheesecloth and sprinkle 1/4 teaspoon of salt over the curds. Stir gently and taste. Add more salt if desired.

**Press the curds:** Transfer the curds (still in the cheesecloth) to a large dinner plate. Shape them into a rough square and then fold the cheesecloth tightly around the curds to form a neat rectangular package. Set a second plate on top of the package and weigh it down. Press for at least 15 minutes or up to 1 hour.

**Use or refrigerate the paneer:** Once pressed, your paneer is finished and ready to use. You can use it immediately or refrigerate for up to two days. Refrigerated paneer will be firmer and less likely to crumble than fresh paneer.

## Recipe Notes

**Whole vs. 2% vs. Non-Fat Milk:** While whole milk is our favorite for making ricotta, 2% milk can also be used, though the ricotta is slightly less rich and creamy. Avoid using skim and nonfat milks; these don't separate as easily into curds and whey.

**Pasteurized Milk:** Pasteurized milk is fine to use for making ricotta, but avoid UHT (Ultra High Temperature) pasteurized milk as this process changes the protein structure of the milk, preventing it from separating.

**Using the Leftover Whey:** The leftover whey can be used in place of water in any baking recipe, whizzed into smoothies, or drunk on [its own over ice](#).

Paneer has a fairly mild, milky flavor on its own, so it's best when paired with strong, spicy flavors, like in classic Indian curries or dishes like saag paneer. It's also nearly identical to Mexican queso fresco and Italian ricotta salata, and can usually be used in recipes calling for either of those ingredients.