Carrot Curry
Serves 6-8

> 1 pound carrots, peeled and cut into sticks
> 2 tablespoons butter
> 2 tablespoons extra virgin olive oil
> 1 teaspoons mustard seeds
> 2 teaspoons ground cumin
> 2 teaspoons ground coriander
> 2 teaspoons turmeric
> 1 teaspoon fenugreek (or anise) seeds
> 1 teaspoon dried dill
> 1 pinch cayenne pepper
> 2 medium onions, sliced
> 2 red bell peppers, cut into a julienne
> 3-4 cups chicken (or vegetable) stock
> 1 grated rind of orange or 1 T of dried grated orange rind
> 1 tablespoon freshly grated ginger
> 2 tablespoons arrowroot (or cornstarch) mixed with 2 tablespoons water
> 2 cups spinach leaves, chopped
> 1 teaspoon sea salt
> 2 cups lightly salted crispy cashews, chopped

Melt butter and olive oil in a large pot. Saute spices for several minutes, stirring constantly. Add onion and saute until soft. Add peppers and carrots and saute a few minutes more. Add stock, ginger and orange rind and bring to a boil. Reduce to simmer and stir in cashews. Simmer, uncovered, until liquid is partially evaporated and carrots and peppers are soft. Spoonful by spoonful, add arrowroot mixture until desired thickness is obtained. Season to taste. Stir in spinach and simmer another minute more. Serve over brown basmati rice (or black rice) and fruit or raisin chutney (optional).