🥥 Vegetarian Coconut Curry
Serves 4–6
Method: Dutch oven on stove or IH cooker

🧈 Oil & Aromatics
- 45 g butter (or use all oil for vegan)
- 3 T coconut or Canola oil
- 160 g finely chopped onions
- 6 garlic cloves, minced
- 2 T grated fresh ginger

🧂 Spices
- 1 tsp cumin seeds
- 1 stick cinnamon (7-cm) or ½ tsp ground
- 1 tsp ground cardamom
- 2 tsp ground coriander
- 1 T kosher salt (adjust to taste)
- 1 tsp ground turmeric
- ¼ tsp crushed red pepper flakes (or to taste)
- ¼ tsp ground black pepper

🍅 Base
- 680 g tomato purée (jar)

🍲 Protein Options (choose one or mix):
- **400 g firm tofu**, pressed and cubed (pan-fry first for better texture)
- **400 g tempeh**, cubed (lightly browned beforehand)
- **2 cans chickpeas** (drained and rinsed, ~480 g total)
- **Lentils** (use 200 g cooked brown or green lentils)

🍲 Finishers
- 1–2 tsp garam masala (to taste)
- 1 T brown sugar
- 200 ml coconut milk (increased slightly for stovetop simmering: 20-30ml)
- 2 T cornstarch mixed with 2 T cold water (optional: thickener)

🍲 To Serve
- Steamed basmati or Japanese rice
- 3 T fresh cilantro (pak chee), finely chopped
- Plain yogurt
- Toasted shredded coconut (optional)

🔪 Method (Dutch oven on stove or IH cooker)
1. **Sauté aromatics**:
   Heat the butter and coconut oil on medium. Add onions and cook until soft and golden. Add garlic and ginger; sauté until fragrant.
2. **Toast spices**:
   Add cumin seeds, cinnamon, and other spices. Stir constantly for 1–2 minutes.
3. **Add tomato base**:
   Stir in tomato purée. Simmer 5–7 minutes until it thickens and darkens.
4. **Add protein**:
   Stir in your protein choice (tofu, chickpeas, etc.). Let it absorb the flavors for a few minutes.
5. **Finish curry**:
   Add garam masala, brown sugar, and coconut milk. Bring to a simmer and cook uncovered for 10–15 minutes, stirring occasionally. For a thicker consistency, add cornstarch slurry in the last 5 minutes.
6. **Garnish and serve**:
   Top with chopped cilantro, a dollop of yogurt, and sprinkle toasted coconut.

Additions:
Precooked kabocha, broccoli, carrots, potatoes (add at end)