

Cashew Cream

YIELD: 2½ CUPS (593 ML)

The first time I ran across cashew cream was at a raw food restaurant owned by Karyn Calabrese, a prominent raw foodist in Chicago. It was so light and delicious that I just had to find out how it was made. My friend Jaya will attest that I stalked our waiter until he gave me the recipe. This is a terrific vegan option that replaces cream made from dairy in any Indian meal. You can use it to add a robust flavor to a lentil dish, or maybe give some depth to your rajmah, or you can mix it into spiced and stir-fried vegetables, such as mushrooms. Most nonvegans won't even notice the difference.

1 cup (138 g) raw cashews, soaked overnight and drained

1¼ cups (296 mL) water

1. Put the cashews in a powerful blender, such as a Vitamix. Add the water and blend on the highest speed until the mixture becomes smooth and creamy. If it's still too thick, add a little more water, 1 tablespoon at a time. Use it as a base for a nondairy alfredo sauce, or drizzle over steamed veggies.

Try This! Mix a few tablespoons of this cream into your red spaghetti sauce.