

Mushrooms in Cashew Cream Sauce

YIELD: 5 CUPS (1.19 L)

This was the very first recipe I wrote and tested for this cookbook. I was in heaven using Cashew Cream as a substitute for regular cream. I served it at a dinner party, and my good friend Karen Lurie not only liked it—she had no idea it was vegan. You'll fool your dinner guests too.

6 tablespoons (90 mL) Cashew Cream
(see recipe on page 65)
½ cup (119 mL) water
1 teaspoon coarse sea salt
2 tablespoons oil
4 green cardamom pods, slightly crushed
2 black cardamom pods
1 (2-inch [5-cm]) cinnamon stick
4 whole cloves
2 cassia leaves (or bay leaves)
1 small yellow or red onion, peeled and
minced (½ cup [75 g])
2 cloves garlic, peeled and grated or
minced
2–3 pounds (.908–1.36 kg) small cremini
mushrooms, cleaned and trimmed (8 cups
[1.9 L])
½ teaspoon red chile powder or cayenne
1 tablespoon chopped fresh cilantro or
parsley, for garnish

1. Mix together the Cashew Cream, water, and salt. Set aside.
2. In a deep, heavy pan, heat the oil over medium-high heat.
3. Add the green and black cardamom, cinnamon, cloves, and cassia leaves. Cook for 1 to 2 minutes, until aromatic.
4. Add the onion and garlic. Cook until brown, 2 to 4 minutes.
5. Add the mushrooms and cook for 6 minutes, until they soften, stirring occasionally to avoid sticking.
6. Make a well in the middle of the mixture. Add the Cashew Cream mixture and heat through, 2 to 3 minutes.
7. Remove the whole spices. Add the red chile powder and garnish with the fresh cilantro or parsley. Serve immediately with brown or white basmati rice.

Note: Small, whole mushrooms work best in this curry. If you can't find small mushrooms, just buy the bigger ones and slice them in half. I opt for cremini here because they add much more flavor than white button mushrooms.