

## Curry with tomatoes, green beans & paneer (for 4 serves)

### Ingredients (for curry)

- ♥ 1 jar/tin sunny tomatoes (600 g, whole or diced)
- ♥ 600 g fresh green beans, cut in 2-3 (or preserved from a jar)
- ♥ 15-20 cashew nuts, soaked in water for an hour
- ♥ 2-3 shallots, diced (or another variety of sweet onions)
- ♥ 3-4 garlic cloves, diced, or young green garlic as an option
- ♥ 1 cm ginger root, diced, 2 bay leaves
- ♥ 2 teaspoons curry mix (moderately hot) + pinch of chilly/ pepperoncino (optional)
- ♥ handful fresh parsley/ dill, finely chopped
- ♥ 4 t.s. extra virgin olive oil (EVOO)
- ♥ black pepper & sea salt to taste
- ♥ 2 t.s. sour cream (for extra creaminess, optional)

### Ingredients (for paneer)

- ♥ 1 l full fat milk
- ♥ 200 g full fat yogurt (I use 4.5%)
- ♥ juice of ½ lemon
- ♥ colander & cheese cloth (I buy it from a pharmacy)

### Preparation steps (curry)

- ♥ In a pot with lid simmer at low heat the onion, garlic in ginger in 3 t.s. EVOO. Once soft and transparent, add bay leave and curry mix to cook for another 1-2 min. to release their flavors
- ♥ Pour tomatoes in the pot, season with salt, pepper and pepperoncino to taste. Add the softened cashew nuts. Leave to cook for about 30 min. covered. Remove from fire and in 10-15 min. puree directly in the pot to a homogenic liquid cream
- ♥ In parallel, boil the green beans for about 20 min. at low heat and add them strained to the tomatoes. Leave all to cook for another 5 min.
- ♥ Remove from fire and add the cream. Stir with care
- ♥ Leave the curry to rest for about 30 min. before serving, for the flavors to bond in harmony
- ♥ Fry the diced paneer on a pan with 1 t.s. EVOO, until golden. Add the cubes to the curry pot just before serving the meal. Sprinkle parsley/dill on each plate

### Preparation steps (paneer – from previous day of cooking the curry)

- ♥ In a cooking pot without a lid bring the milk to boil and immediately remove it from heat. Add lemon juice for the milk to coagulate, followed by the yogurt. Stir with a wooden spoon, and once bigger curdles are formed, and whey is separated, strain in a colander covered with a cheese cloth. Leave the colander on a bowl for 2h to strain and cool down. Remove to a flat plate with the cloth, shape the cheese in square with h=2cm, wrap with the cheese cloth and leave in a fridge overnight

Serve with basmati or brown rice. I cook it with 1 t.s. EVOO and ½ teaspoon cumin seeds, 1:2 rice:water. For a fluffy rice a place cheese cloth on top and cover with lid.

Green beans could be replaced with green peas. It turns incredibly tasty.

