



# Peanut Coconut Tempeh Curry

You can use Bengali Panch Phoron for a mild curry or Kerala Chaunk for a hot one. You can also mix a teaspoon of each for a medium curry with deep flavours. You can also substitute chicken or pork for tempeh.

## Ingredients:

1 TBL oil of ghee  
2-3 tsp Bengali Panch Phoron (Or Kerala Chaunk for Hot or a mix)  
1 TBL ginger, minced  
1 medium onion, chopped  
1 sweet red pepper, chopped  
8 oz of tempeh cut in 1-inch cubes  
2 - 3 heaping TBL of peanut butter  
1 TBL miso paste  
1 cup boiling water  
Dash of soy sauce  
1 cup coconut milk  
Small bunch of cilantro, chopped  
1 cup fresh or frozen peas  
Salt to taste  
Squeeze of lemon

## Instructions:

- 1 - In a pot over medium heat, add oil or ghee.
- 2 - Add the Bengali Panch Phoron or/and Kerala Chaunk and sauté until the seeds start to pop a bit. 1-2 minutes.
- 3 - Add the onions and sauté until translucent, about 5 minutes.
- 4 - Add the garlic and ginger. Cook for 1 minute.
- 5 - Add pepper and sauté a couple of minutes.
- 6 - Stir in the tempeh, with a dash of soya sauce and cook until it begins to brown.
- 7 - Add peanut butter and miso paste to a cup of boiling water and stir to dissolve. Pour mixture into the pot along with the coconut milk.
- 8 - Turn the heat to low and simmer the ingredients together for about twenty minutes, adding more water if the sauce gets to thick.
- 9 - Five minutes before serving add the peas and cilantro. Adjust seasoning and finish with a squeeze of lemon.
- 10 - Serve over rice or Chinese noodles.

**Spices Used:** Kerala Chaunk Bengali Panch Phoron

**4 Servings**