



Cellier des Dauphins®

THAI MASSAMAN CURRY WITH BAKED TOFU

LES DAUPHINS CÔTES DU RHÔNE VILLAGES



Ingredients:

- Broccoli head
- 2 carrots
- 1 onion
- 2 medium potatoes
- 400 g Tofu
- Handful of peanuts
- Handful of cashew nuts
- Cumin seeds
- Coriander seeds
- Coconut milk – 1 tin
- Fish sauce
- Coconut oil
- Peanut Butter
- Chunk of ginger 3cm
- Lemongrass – 2 stems
- Massaman sauce (pouch)

Recipe:

- 1) Chop the veg
- 2) Chop the tofu into cubes
- 3) Roast the cashews and peanuts and pound
- 4) Roast & pound the coriander & cumin seeds
- 5) Chop the ginger & coriander into small pieces
- 6) Boil the veg
- 7) Marinate the tofu in peanut butter and soya sauce and bake for 20 mins
- 8) Cook the onions in the massaman sauce
- 9) Add the coconut milk
- 10) Add the cooked vegetables
- 11) Add the ground coriander & cumin
- 12) Add the nuts
- 13) Add pinch of cinnamon
- 14) Add a few dashes of fish sauce
- 15) Add a teaspoon of palm sugar
- 16) Simmer
- 17) Serve with the baked tofu

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