

KADOO BORANEE

(very slightly modified from Inspired Edibles)

for the butternut squash:

1 large yellow onion, coarsely chopped
3 Tbsp olive oil
1 pound butternut squash, cubed
1 Tbsp fresh ginger, thinly sliced
1 tsp ground turmeric
1 tsp ground cumin
1/2 tsp chili powder
1/2 tsp ground coriander
1/4 tsp ground ginger
1 Tbsp tomato paste
2 Tbsp coconut sugar
1/2 tsp sea salt
1 cup liquid (mixture of veggie stock + water)

for the yogurt sauce:

3/4 cup plain Greek yogurt
1/4 cup sour cream
good pinch of salt
1 clove garlic, smashed

for topping:

toasted slivered almonds and dried mint

Make the yogurt sauce by whisking together: yogurt, sour cream, salt and garlic in a bowl – cover and place in fridge while prepping the remaining ingredients. Purée onion in a small blender/food processor. In a separate small dish, combine the dry spices: turmeric, cumin, chili, coriander & ginger. Meanwhile, heat oil in a large skillet over low-medium heat and sauté onion until golden. Add fresh ginger, and the ground dry spices: turmeric, cumin, chili, coriander and ground ginger, stirring until the seasonings are well combined and fragrant. Add tomato paste, broth, water, sugar and salt, mixing well to combine. Bring the mixture to a boil and add the cubed butternut squash.

Reduce heat and simmer covered for 10 minutes (lifting the lid to stir the squash once or twice during this time). Remove the lid for the remaining cooking time until the squash is tender but still holding its shape. Continue to stir the squash on occasion and use more water or stock while cooking, if needed. The goal is to have about 80% of the seasoned liquid absorbed into the squash while retaining the remaining liquid as a golden sauce.

Remove yogurt sauce from the fridge, reserve about 2 tablespoons, and spread the rest on plates to make a base for the squash. Top each yogurt base with some of the warm butternut squash, then add a bit more yogurt sauce on top, sprinkling the toasted almonds and dried mint right before serving.