

Sweet Potato Curry



Curries come in all different shapes and sizes, they are simple yet luxurious and when you have a good one you remember every bite. In this dish the sweet potatoes are brought to life by the toasted spices, the creamy coconut milk and nutty crunch of the cashews. Older sweet potatoes can cook very fast so make sure to buy fresh firm sweet potatoes. Japanese sweet potatoes add an extra wow factor if you can find them

2 tablespoons Tandoori Masla (or curry powder)
2 tablespoons peanut oil

1 medium red onion cut into thin strips

2 large peeled sweet potatoes cut into chunks

1 cup cashews

½ cup raisins or chopped prunes

1 cup coconut milk

1 cup lager style beer

1 cup cilantro, mint, parsley or other herb, chopped

1 medium lime cut into wedges

OPTIONAL

2 cups coarsely chopped peeled and deveined shrimp

1. Set a large skillet over medium heat. add to it the peanut oil and bring it to temperature then add the curry powder and toast it for a minute or so. Add the onion and cook for 5 minutes or until they are slightly golden and translucent. Add a bit of water if the pan ever gets too dry.

2. Add the sweet potatoes, cashews and the raisins to the skillet and cook for 2 to 3 minutes. Add the coconut milk and beer and stir. Reduce the heat to a low simmer and cook gently for 10 minutes or until the potatoes are just fork tender.

3. Remove the curry from the heat and divide it among 4 bowls. Top each bowl with the chopped cilantro and serve lime wedges.