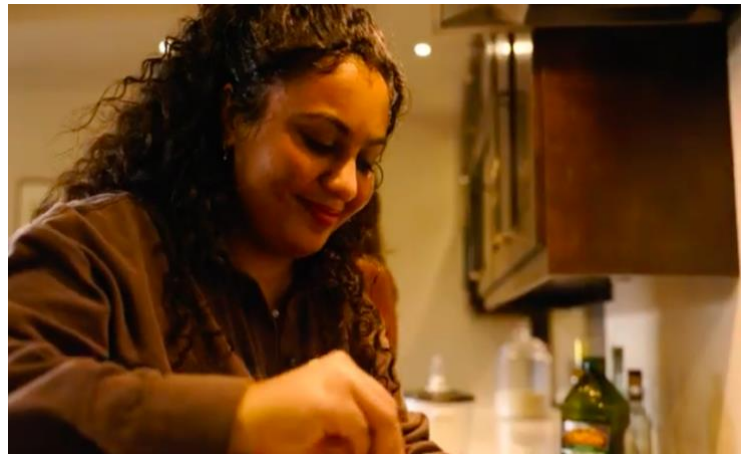


# Cook vegan palak paneer with me!



- 2.5 red onions
- 2 big tomatoes
- 6 cloves garlic
- 1 thumb size of ginger
- 2 thai chile peppers
- 2 boxes of frozen, chopped spinach
- 1 bag or box of spinach
- 2 tablespoons olive oil
- About 12 cashews
- ¼ teaspoon of paprika
- ¼ teaspoon garam masala
- ¼ teaspoon turmeric
- ¼ teaspoon cumin
- ¼ teaspoon coriander
- ¼ teaspoon black pepper
- ¼ teaspoon salt

## Ingredients for “paneer”:

- 1 block of extra firm tofu
- 2 tablespoons olive oil
- ¼ teaspoon of paprika
- ¼ teaspoon garam masala
- ¼ teaspoon turmeric
- ¼ teaspoon cumin
- ¼ teaspoon coriander
- ¼ teaspoon black pepper
- ¼ teaspoon salt

**Cooking, Colonialism, & Color Conversations Video**

**featuring Mark Sundeen & Amy Irvine**



# Steps!

## Palak:

1. Press the tofu to try to get as much water out of it as you can. The longer you leave the tofu to press, the better the texture will come out. (I used to use 2 plates, paper towels, and a stack of books to press the tofu, changing out the paper towels sometimes. However, if you have an actual tofu press, this will take much less time. For a tofu press, press the tofu for 15-20 minutes.)
2. Chop the box or bag of unfrozen spinach and set aside for later. Chop the tomatoes, onions, garlic, and thai chile peppers. Take the seeds out of the thai chile peppers.
3. Put 12 cashews in water and let the cashews soak for 10-15 minutes.
4. Peel the thumb sized ginger and beat it in a mortar and pestle for a few second in order to allow the ginger juice to release better for when we later sauté it. Chop the ginger into about 6 pieces.
5. Sauté 6 cloves of chopped garlic, desired amount of thai chile peppers (probably 1-2), and the beat ginger pieces in a pot on the stove with 2 tablespoons of olive oil.
6. When this becomes fragrant, add the 2.5 chopped red onions and 2 larger chopped tomatoes to the same pot already containing the ginger, garlic, and thai chile peppers.
7. After the tomatoes have released most of its water content and the onions have caramelized, add ¼ teaspoon of paprika, ¼ teaspoon garam masala, ¼ teaspoon turmeric, ¼ teaspoon cumin, ¼ teaspoon coriander, ¼ teaspoon black pepper, and ¼ teaspoon salt (or salt to taste).
8. Add 1 box of frozen boxed, chopped spinach to the pot and allow that to cook down while stirring the mixture to keep the bottom from burning.
9. After the frozen spinach has mostly decomposed, add the other box of frozen, chopped spinach. Continue to stir from the bottom to keep the bottom part of the mixture from burning.
10. After that had decomposed, add the unfrozen chopped spinach, which was previously set aside, to the pot. Remember to mix to keep the bottom from burning.
11. After this has decomposed, add ¾ of the mixture in the pot to a blender or vitamix. Add the 12 soaked cashews to the blender or vitamix as well. Blend this together.
12. Add the contents of the blender or vitamix back into the remainder of the mixture in the pot. This is now the creamy spinach or “palak” for the palak paneer dish.

## Paneer:

1. Take the pressed tofu and chop the block in half vertically. Then, chop each half in half vertically. After that, chop the tofu block in half horizontally, then chop each half in half horizontally. You should be left with 16 blocks of tofu.
2. Add the tofu blocks to a tupperware with 2 tablespoons of olive oil, ¼ teaspoon of paprika, ¼ teaspoon garam masala, ¼ teaspoon turmeric, ¼ teaspoon cumin, ¼ teaspoon coriander, ¼ teaspoon black pepper, and ¼ teaspoon salt. Put the lid on the Tupperware and shake for 2 minutes so that the tofu blocks are evenly coated with olive oil and spices.
3. Place these blocks in the oven for 30 minutes at 450 degrees.
4. Flip the tofu halfway through after 15 minutes in the oven.
5. When this timer goes off, your “paneer” for your palak paneer is complete.
6. Add the tofu “paneer” from oven into the creamy spinach “palak” and stir together.
7. Serve with rice.

# Cook vegan khao soi with me!



## Other Ingredients:

- Sour Mustard
- Chile Oil
- Cilantro
- Lime
  
- Curry Paste Ingredients:
- 7 dried bird eye chili peppers
- 3 garlic
- 1 tablespoon of ground coriander
- 1 thumb size of galangal root
- ½ thumb size of turmeric root
- 2 lemongrass stalks
- 2 lime leaves
- 1 shallot
- 1 tablespoon white miso paste
  
- Soup Ingredients:
- Curry paste
- Rice Noodles
- Tofu
- 2 tablespoons coconut oil
- 2 cups vegetable broth
- 4 cups coconut milk
- 1 tablespoon tamari

## Recipe Steps:

- Preheat the oven at 400 degrees.
- Chop the tofu into smaller blocks.
- Add coconut oil, salt, and pepper to an oven safe pan with the tofu.
- Bake for 7-10 minutes.
- Then, flip the tofu pieces, baking for another 7-10 minutes.
- Deseed 7 dried birds eye chili peppers.
- Soak them in water for at least 2 minutes.
- Add the deseeded soaked chili peppers to a blender, discarding the water they were soaked with. Also add the 3 garlics, 1 tablespoon of ground coriander, 1 thumb size of galangal root, ½ thumb size of turmeric root, 2 lemongrass stalks, 2 lime leaves, 1 shallot, and 1 tablespoon white miso paste to the blender with ¼ cup water. Blend.
- Add 1 tablespoon coconut oil to the pan. Add all of the curry paste.
- After two minutes add 4 cups coconut milk, 2 cups of vegetable broth, and 1 tablespoon tamari. Add salt to taste. Add baked tofu and chopped bok choy to the soup.
- Serve with rice noodles and garnish with sour mustard, chili oil, cilantro, and lime.