



Asparagus Panir
Bob Peak
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Ingredients:

4 Tbsp. peanut oil or ghee
½ medium onion
2 tsp. ground cumin
1 tsp. ground coriander
1 tsp. ground turmeric
1 tsp. chili powder
1 tsp. black pepper
¼ lb. brown mushrooms
1 medium bunch asparagus
1 c. vegetable broth
1 can (about 14 oz.) light coconut milk
½ lb. homemade panir cheese (see recipe at www.thebeveragepeople.com)

Main dish for 2 with rice and naan, or serves 4 as a side dish.

Have everything ready as the dish cooks in about 20 minutes. Once you are set, start your rice as well so the dishes will finish together.

Slice the onion thin, then quarter the slices. Remove tough asparagus bottoms and cut spears into 1" pieces on a diagonal, separating tips. Stem and quarter the mushrooms.

Saute the onions and mushrooms in oil or ghee for about 5 minutes. Add all spices. Fry for 2 or 3 minutes and add the cut asparagus spears, leaving out the tips. Stir fry for 3 or 4 minutes and add the broth. Cover and simmer for 10 minutes or until asparagus is tender-crisp, stirring occasionally. Add coconut milk and asparagus tips and return to a boil. Add cubed or crumbled panir, stir, and again return to a boil, folding over gently to avoid breaking the cheese. As soon as the dish is hot all the way through, it is ready to serve.