

Princess Jasmine's Cilantro Curry

This recipe was given to me by my wonderful friend, and acupuncturist extraordinaire, Jasmine Patel.

Ingredients:

- ½ - 1 onion, chopped bite sized or smaller
- 1 bunch fresh cilantro, well rinsed with lower stems removed
- 1 green chili or jalapeño, seeded (optional)
- Patak's brand Curry paste (available at Indian grocery stores, some health food stores)
- 1 can coconut milk
- ½ -1 can coconut cream (optional)
- 1 small can bamboo shoots
- 1 Tbs vegetable oil or ghee

Combine the following in a blender and blend until smooth:

- 1-4 Tbs Patak's Curry paste (to taste)
- 1 can Coconut milk
- (if making a large batch, can also add one can of coconut cream)
- green chili or jalapeño (seeded and chopped)
- cilantro

In a pan saute chopped onions in oil or ghee until soft and beginning to brown
Add mixture from blender, and one can of bamboo shoots, stir to mix.

Add whole fillets of fresh raw salmon, and simmer until salmon is cooked. (you may leave skin on or off according to your preference) Salmon may need to be flipped once or twice to make sure it cooks evenly.

Serve over a whole grain (rice, quinoi, millet)

Consider serving with Snow Peas, Asian Broccoli, Bok Choy, or Green Beans on the side.