

Broccoli Mushroom Stir Fry

Ingredients:

- 1 medium cup broccoli florets (cleaned well)
- 1 cup mushroom (cleaned well)
- Himalaya pink salt as required
- 1 tsp fresh black peppercorns
- 1 whole bird chilly
- 2 tbsp spring onions (finely chopped)
- 2 stalks celery - if available
- 2 teaspoon lemon juice
- 1 tbsp chopped garlic
- 2 tsp chopped ginger
- 1/4 tsp oregano
- fresh thyme and basil fresh (add on)
- few drops of cold pressed coconut oil
- half cup water
- 2 tbsp coconut cream /mushroom sauce as per availability.

Method:

1. Wash broccoli and mushrooms under running water and keep them aside.
2. Now, place a pan over a medium flame and pour water in it.
3. Add broccoli and mushrooms in it and allow it to boil for 5 mins.
4. Drain and set aside.
5. In the meantime, chop garlic, spring onions and celery finely.
6. Place a pan over a medium flame and pour few drops of oil in it.
7. Once the oil is heated, add chopped ginger, garlic, bird chilly and celery and fry until tender.
8. Now, add spring onions and fry for 4-5 minutes.
9. Add mushrooms and fry the mixture for 4-5 minutes more.
10. Now add the broccoli, salt, crushed peppercorns, lemon juice, thyme, basil and mix them together.
11. Cook the mixture on a high flame for 5-6 minutes.
12. Add on a drizzle of coconut cream / mushroom cream sauce.
13. Stir it well.
14. Turn off the stove.



Homemade coconut cream

Notes:

- 3/4 cup coconut grated
- 2 ½ cups hot water

Method:

1. Place coconut and water into a blender and let sit for 5 minutes.
2. Blend the mixture on high for 5 minutes.
3. Using a fine mesh strainer or cheesecloth, strain the coconut mixture into a container.
4. If using a cheesecloth use your hands to squeeze out the excess liquid.
5. Put a lid on the container and store in the fridge.
6. Within 24 hours, you will find that separation has occurred.
7. The separation is the coconut cream that has settled at the top.
8. The coconut cream can be scooped out and used separately in recipes.

OR

You can again use up the coconut cream and pour the milk and cream into a blender and blend until smooth. This will produce a full cream coconut milk which can be used in any recipe that calls for coconut milk.

