Savory Semolina with Peas and Cashews

2 bowls · Active 15 min · Total 45 min

Skills: Easy

Ingredients

- 1/4 cup cashews, roughly chopped (35 g)
- 3/4 cup coarse semolina (120 g)
- 1 tablespoon neutral oil (15 ml)
- 1 small onion, finely diced (100 g)
- 1 teaspoon grated fresh ginger (5 g)
- 1/2 teaspoon ground cumin
- 3/4 cup frozen peas (105 g)
- 1 1/2 cups vegetable stock (360 ml), plus 2–4 tablespoons hot water if needed
- 1/4 teaspoon fine salt
- 1 tablespoon lime juice (15 ml)
- 2 tablespoons chopped cilantro (5 g)

Set out

Medium saucepan, Wooden spoon, Two small bowls, one for cashews and one for toasted semolina

Allergens

Wheat, Tree nuts (cashew). Check labels and substitutions.

Make it

1. Toast cashews in the dry pan over medium-low heat for 2–3 minutes. Transfer to a bowl. Toast semolina in the same pan for 3 minutes, stirring, then transfer to a separate bowl.

2. Heat oil in the pan. Cook onion for 5 minutes, then add ginger and cumin for 30 seconds.

3. Add peas, stock and salt and bring to a boil. Maintain a gentle simmer for the full cooking time required by the frozen-pea packet before adding the semolina; thawing alone is not sufficient. Sprinkle semolina in gradually while stirring. Cook over low heat for 3–5 minutes, or the grain packet’s longer required time, until the grain is fully tender and soft, adding the measured extra hot water a tablespoon at a time if stiff.

4. Stir in lime and cilantro. Divide into bowls and scatter cashews on top.

A small bag of grain goes far

Keep semolina sealed and dry in a labeled container. Measure before heating the pan so the grain does not scorch while you search the cupboard.

Timing

Includes separate cashew and semolina toasting, softening the onion, heating stock, completing the pea packet cooking, and cooking the semolina. A brand requiring longer cooking may extend the time.

A useful detail

Semolina grind and frozen-pea cooking instructions differ by brand. Cook the peas fully in the stock first, then complete the semolina’s required cooking. Check the cooked grain for tenderness and adjust the listed reserve water a tablespoon at a time.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 2 days. Keep nuts separate. Reheat to 165°F/74°C with extra water, stirring well.