

LYNCHBURG

is for 

LOCAVORES

COOKING DEMONSTRATION WITH MAHABUBA AKHTER

ALL RECIPES ARE BY MAHABUBA AKHTER



Potatoes

Pumpkin and Potato Curry with Punch Phoron

Ingredients:

1 cup of diced peeled potato
1 cup of diced pumpkin
1 tsp of roasted and ground cumin
½ tsp of crushed ginger
A pinch of turmeric
A pinch of chilli powder
2 tbsp of cooking oil
½ tsp of punch phoron
1 medium sized shallot chopped
4 cloves of garlic sliced
Salt to taste

1. Heat oil in a fry pan.
2. Add shallot and fry until it is golden brown.
3. Add sliced garlic and fry for a min.
4. Add punch phoron in it and after 30 sec add all spices.
5. Cook for 2 mins to allow to release all flavor of spices.
6. Then add all potato and pumpkin.. Stir for a min and and cover it until it is tender

MORE RECIPES ON THE BACK! 

Allu Bhaji

2 red potatoes finely chopped
A pinch of turmeric
1 tbsp of cooking oil
Salt to taste
1 green chili
1 shallot finely chopped
1 tsp of cooking oil
½ bunch of cilantro finely chopped

1. Heat oil in a fry pan and fry shallot.
2. When it is golden brown add chopped potato .
3. Then add turmeric, salt, and green chili and stir fry until it is tender.
4. Finally add chopped cilantro.

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES AND NEW WAYS
TO PREPARE OUR SPOTLIGHTED PRODUCE ITEM: OKRA!



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