

LYNCHBURG

is for 

LOCAVORES



COOKING DEMONSTRATION WITH MAHABUBA AKHTER
ALL RECIPES ARE BY MAHABUBA AKHTER

Tomatoes Bengali Style

Chickpea Curry

- 1 cup canned Garbanzo beans
- 1 onion; chopped
- 1 tomato; chopped
- 1 bay leaf
- ½ tsp cumin (whole cumin seeds toasted and ground)
- A pinch of turmeric powder
- 1/2 tsp of ground cumin
- A pinch of red chili powder
- 1/2 tsp ginger/garlic paste
- 2 tbsp tamarind juice
- A pinch of brown sugar
- Salt to taste
- 1/2 bunch of cilantro (chopped finely)
- 1 lime sliced
- 1 red potato boiled until tender

1. Heat oil in a pan , add onion and sauté until light brown.
2. Add ginger/garlic paste and sauté for 1 min.
3. Add tomato, rest of the spices, and salt. Cook until oil begins to separate.
4. Add mashed potatoes and add along with chickpeas.
5. Boil on a high heat for 3-4 minutes. Lower heat and simmer for 2-3 minutes.
6. Cook till you get the desired gravy consistency.
7. Garnish with cilantro and tamarind juice

Serve hot with rice or naan bread, flat bread or Luchi.

MORE RECIPES ON THE BACK! 

Cucumber, Mango, and Tomato Salad

2 tomato
1 green mango
1 cucumber
1 bunch of green onion
1/2 bunch of cilantro
Chop above finely mix with the following
1 green chilli
a pinch of salt
1tsp of olive oil
a pinch of ground black pepper

1. Chop the tomato, mango, cucumber, green onion, and cilantro
2. Mix with the following green chilli, salt, olive oil, and pepper.
3. Serve and Enjoy!

Tomato Chutney

4 vine ripe tomatoes sliced into 10 pieces each
4 garlic cloves sliced or crushed
Pinch of mustard seed
2 tsp of brown sugar
Salt according to your taste
2 dried red chilies
1/2 inch square piece of tamarind paste soak in 1/2 cup of water for an hour
A few leaves of mint

1. Heat oil in a frying pan, add garlic and fry until it becomes golden brown.
2. Add dried red chili and whole mustard seeds.
3. Add sliced tomato and cook for about 10 minutes.
4. Add salt, brown sugar and also the tamarind juice.
5. Cook for an extra few minutes.

Now it's ready to eat with rice or by itself.

Sweet , sour, salty and juicy!

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



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