

# LYNCHBURG

is for

# LOCAVORES



## COOKING DEMONSTRATION WITH MAHABUBA AKHTER

ALL RECIPES ARE BY MAHABUBA AKHTER

### Cabbage Pakora

2 cups cabbage (finely chopped)  
1 cup of finely chopped onion  
1-2 chopped green chilies  
1/2 cup of chopped cilantro  
1/2 cup of chick pea flour  
Turmeric powder, a pinch  
1/4 tsp cumin powder

Salt according to your taste  
1 tsp of cumin  
1 cup of cooking oil

Mix all together and make a soft batter. Then deep fry in oil by putting 1 tsp of batter 6 to 8 at a time in a fry pan. Allow it to be golden brown.

### Chickpeas Curry

1 tbsp cooking oil  
1 onion chopped  
6 pods garlic sliced  
2 bay leaf (tej patta)  
1/2 tsp ginger paste  
1 tbsp of tomato paste  
A pinch of brown sugar  
1/2 tsp cumin powder  
A pinch of red chili powder  
A pinch of turmeric powder  
1 tsp cumin seeds (dry roasted & ground)  
Salt to taste

1 mashed red potato  
1 can chickpeas  
1/2 bunch of green onion  
4 tsp of tamarind juice  
1 green chili chopped

Heat oil in a pan & saute onion until it is light brown. Add sliced garlic and fry until it is golden color. Add bay leaf & ginger paste - sauté for one min. Add tomato paste & remaining spices. Cook until oil begins to separate.

Add the mashed potato and add along with chickpeas. Boil on a high heat for 3 to 4 mins. Lower heat and simmer for 2-3 mins. Cook till you get the desired gravy consistency. Garnish with finely chopped green onion and green chili and tamarind juice.

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES!  
FEATURED CHEF: BOBBY RYGIELSKI OF JIMMY'S ON THE JAMES



# GREEN MARKET WEDNESDAY SUMMER WORKSHOPS



At the **LYNCHBURG  
COMMUNITY MARKET** with the  
**Virginia Cooperative Extension** and  
the **Family Nutrition Program**\*

**EVERY  
WEDNESDAY  
DURING  
THE  
SUMMER!**  
★★★★★★  
**10-12PM**

**Jun 8:** Jolly Green Beans

**Jun 15:** Market Minis - Fruit & Yogurt Parfaits

**Jun 22:** Preserving the Harvest - Dehydration

**Jun 29:** Market Minis - Fun with Fruit

**Jul 6:** Summer Squash Extravaganza

**Jul 13:** Veggie Stir Fry

**Jul 20:** VA Cooperative Extension Summer Festival (10-2pm)

**Jul 27:** Summer Smoothies

**Aug 3:** Salads & Salad Dressings

**Aug 10:** Cucumbers

**Aug 17:** Spinach & Kale & Collards, Oh My!

**Aug 24:** Market Minis - Watermelon

**Aug 31:** Apple Tasting & Demo



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