



# Fresh Prospects

## The Prospect Heights CSA Newsletter

---

### **SIMPLE, HEALTHY, INDIAN**

#### **Fresh Vegetables Don't Need to Drown in Curry**

With the glut of over-spiced, over-greased Indian takeout places in New York, some of the healthful ways of preparing South Asian meals can get lost in translation. Indian food does not have to swim in ghee and heartburning spice to taste good! The flavorful, fresh vegetables we get from Ted are wonderful prepared with a few simple ingredients, over a plate of steaming basmati rice.

#### **Saag Aloo (Greens and Potatoes)**

Source: my mom, Suboohi Choudhry, and many, many moms before her

One to two tablespoons olive oil  
Two bunches spinach, washed, stemmed and coarsely chopped (I've substituted with this with other recent CSA greens: vitamin greens, arugula, and others have done well)  
One medium yellow onion, sliced thinly  
One large tomato, chopped  
Four small soft cooking potatoes, peeled and cut into 1" cubes  
1 ½ teaspoons cumin seeds  
One teaspoon crushed garlic (or to taste)  
Crushed red chillies to taste  
Kosher salt to taste

Heat the oil in a heavy-bottomed saucepan over medium heat. Saute the onion in the oil until translucent (but not yet brown). Add cumin seeds and garlic, and saute the mixture some more. Add spinach (or other greens) and tomatoes. Mix well, then add salt, crushed chillies and potatoes. Turn heat to low and cook in its own juices (do not add water), stirring occasionally, uncovered for about 15 minutes or until the liquid has mostly dried out. Check to make sure potatoes are done. Turn up the heat and saute the dry-ish mixture for about one to two minutes stirring constantly – this will help bring out the flavor. Switch off the heat and leave it on the stove for 3-5 minutes. Serve over basmati rice or with hot chapatis.

#### **Spicy Tomato Chutney**

Source: mom, again

This is a zesty sauce that can be made with some of the juicy tomatoes we're getting from Ted now, and bottled up to be used later. You can keep this in the fridge for a few weeks, at least. Mom says it's great with fritters, over white rice, and to use as a barbecue dip. Adjust the spices to your taste!

2 lbs tomatoes, chopped  
One medium to large onion, chopped  
2 to 3 tablespoons vegetable oil  
1 ½ teaspoons cumin seeds  
Two to three dried curry leaves (optional)  
Two whole dried red chillies  
Salt, to taste  
Cayenne, to taste  
One teaspoon powdered cumin  
One teaspoon crushed ginger; one teaspoon crushed garlic  
Serrano peppers, chopped fresh cilantro and chopped mint to garnish (optional)

Heat oil in a saucepan over medium heat. Add cumin seeds, curry leaves and whole red chillies. When the cumin seeds begin to pop and become aromatic, add the tomatoes and onion. Add salt, cayenne, cumin powder, ginger and garlic. Turn heat to low, cover and cook for about 15 to 20 minutes, stirring occasionally. It's done when the liquid has begun to dry out and the oil has separated and risen to the top. Slit the serrano peppers down their sides vertically, and garnish the chutney with the peppers, cilantro and mint. (Do not garnish if you are going to store it for a while).