

Meal Dinner 4	Ingredients		Cookware Required	
<b>Punjabi potato and chickpea curry</b>	4 tbsp vegetable oil		measuring spoons	
(Cook Great Food: page 333)	6 - 10 cloves garlic, minced 2 large onions, diced			
note: original recipe is for 4 people; I have doubled	2 tsp crushed red pepper flakes			
	2 tsp turmeric (If Rick is not there, add another 2 tsp coriander)			
	2 tsp cumin seeds and 2 tsp brown or black mustard seeds			
	4 tbsp tomato paste 8 cups apple juice			
	4 large (unpeeled) potatoes, diced 2 cans chickpeas			
	2 tbsp brown sugar 2 bay leaves 2 tbsp lemon juice hot pepper sauce for flavour			
	1. In a large skillet, heat oil over medium high heat; cook garlic and onions, stirring, for 3 to 4 min. or until softened. Add red pepper flakes, turmeric, coriander, and cumin and mustard seeds; cook stirring for 2 to 3 minutes.		2. Stir in tomato paste; pour in apple juice. Add potatoes, chickpeas, brown sugar, bay leaf and lemon juice, bring to a boil. Reduce heat and simmer, uncovered, for 25 to 30 minutes, stirring occasionally, or until potatoes are tender and mixture has thickened. Discard bay leaf. Add hot pepper sauce to taste.	