

| 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<br>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<br>8 cups apple juice  |  |   |  |
|   | 4 large (unpeeled) potatoes, diced<br>2 cans chickpeas   |  |   |  |
|   | 2 tbsp brown sugar<br>2 bay leaves<br>2 tbsp lemon juice<br>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. |  |