

Family Weekly Cookbook
MELANIE DE PROFT, Food Editor

Nai Choru

This saffron rice dish is especially good served with lamb curries.

TO PREPARE: 10 MIN.

TO COOK: 15-20 MIN.

- ¼ cup cooking oil
- ½ cup chopped onion
- 1 cup uncooked rice
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon ground cloves
- Few grains ground saffron
- 1½ cups water
- ¼ cup toasted slivered almonds
- ¼ cup dark seedless raisins

1. Heat cooking oil in a heavy skillet. Add onion and cook over medium heat until soft, stirring occasionally. Add rice and brown lightly, stirring frequently.
2. Stir in next five ingredients. Cover and cook over low heat 15 to 20 min., or until all the water is absorbed and rice is tender.
3. Lightly mix in almonds and raisins. *About 6 servings*

Vegetable Curry

TO PREPARE: 25 MIN.

TO COOK: 1 HR.

- 2 lbs. assorted raw vegetables*
- ¼ cup cooking oil
- ½ cup chopped onion
- 3 tablespoons packaged grated coconut
- 1 clove garlic, minced
- 1½ tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon Accent
- 3 tomatoes, peeled and diced
- 1½ cups water

1. Prepare vegetables; set aside.
2. Heat cooking oil in a large, heavy skillet. Add onion, coconut, and garlic and cook until onion is soft, stirring occasionally.
3. Stir in the next four ingredients, the vegetables, and water. Cover and bring to boiling; cook over low heat, stirring occasion-

ally, 1 hr., or until vegetables are tender. *4 to 6 servings*

*Vegetable suggestions—kohlrabi, turnips, and potatoes, diced; carrots, sliced; cabbage, cut up.

Tomato-Mint Chutney

TO PREPARE: 10 MIN.

(allow time for flavors to blend)

- 1 cup firmly packed fresh mint leaves, finely chopped, or ¼ cup dried mint leaves
- 1 cup finely chopped onion
- 1 ripe tomato, finely chopped
- ¼ cup lemon juice
- ½ teaspoon salt
- 4 drops Tabasco
- ¼ to ½ teaspoon mustard seed

Toss all ingredients together in a bowl. Allow to stand at room temperature at least 1 hr. to blend flavors. *1½ cups chutney*

Chapati

TO PREPARE: 10 MIN.

TO BAKE: 10 MIN.

(allow time for dough to rest)

- 2 cups whole-wheat flour
- ½ teaspoon salt
- ¾ to 1 cup water

1. Blend flour and salt together. Stir in just enough water to make a very stiff dough. Knead dough on a lightly floured surface until smooth and elastic. Cover with a wet cloth; set aside for 30 min.
2. Break the dough off, form into 1-in. balls, and roll out into very thin rounds, about 8 in. in diameter. (It will be necessary to exert great pressure to roll thin.)
3. Bake for 10 min. on a hot, lightly greased griddle over low heat; turn often. *20 chapattis*

Note: Our taste-testing panel liked the chapattis rolled paper-thin and served with thick sour cream.

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