



A RECIPE FROM CK FARM

Servings: 4 Prep time: 15 minutes Cook time: 20 minutes

ingredients

- 1 large bottle gourd
- 3 potatoes
- ½ red onion
- 3 tbsp olive oil
- 2 Roma tomatoes (or 4-5 cherry tomatoes)
- 1 tsp bara masala spice mix (cumin, black caraway, fenugreek, fennel, coriander)
- ½ tsp turmeric
- 1 tsp salt
- 1 tbsp fresh grated ginger root
- Hot pepper to taste

directions

1. Peel bottle gourd and cut into small chunks
2. Wash chunks in a bowl of water
3. Peel red onion and cut half into thin strips
4. Add 3 tbsp olive oil to a pan and saute onions on medium heat for about 1 minute
5. Add 1 tsp bara masala spice mix, ½ tsp turmeric, 1 tsp salt, and bottle gourd and saute for about 20 minutes (total), keeping some water in the pan to keep from burning
6. Dice two Roma (or 4-5 cherry) tomatoes and add to one side of the pan the last 5 minutes of cooking
7. Peel and grate a medium ginger root, and add about 1 tbsp in the last 3 minutes of cooking
8. Cut a hot pepper into small pieces, and add to taste in the last 3 minutes of cooking
9. Enjoy!



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