Cabbage Curry

Ingredients

- 2 pounds of shredded cabbage
- 2 medium sized carrots (diced small)
- 2 medium sized potatoes (diced small)
- ¼ cup of frozen peas
- 1 cup of crushed canned tomatoes or fresh tomatoes
- 1 medium sized onion (finely chopped)
- 2 tablespoons oil
- 1 teaspoon cumin seed
- 1 teaspoon ginger (peeled and grated)
- 1 teaspoon garlic (finely chopped)
- 1 teaspoon turmeric powder
- 2 tablespoons Sambar powder
- 1 teaspoon curry powder
- 10-12 curry leaves
- Salt to taste
- Few coriander leaves for garnishing

Instructions

1. Heat oil in a frying pan on medium heat. Add cumin seeds.
2. When cumin begins to splutter, add garlic and ginger. Cook for 1 minute.
3. Add curry leaves and stir.
4. Add finely chopped onions and sauté until they become translucent.
5. Add crushed tomatoes, turmeric powder, sambar powder, curry powder and salt. Stir to combine all ingredients and cook for 2 to 3 minutes.
6. Add diced potatoes and carrots. Cover with a lid and cook for 8 minutes.
7. Add chopped cabbage and frozen peas. Stir well to coat the cabbage with the spices and cook for another 7 minutes.
8. Sprinkle the coriander leaves and serve with rice or rotis/chapatis bread.

Personal recipe from Raj Gouda-McGuire.

Roti Bread

Ingredients

- 2 cups whole wheat flour
- ½ teaspoon salt
- ¾ cup water
- 1 tablespoon vegetable oil

Instructions

1. In a medium bowl, stir together flour, salt, oil and water until mixture pulls away from the sides.
2. Place dough onto a well-floured surface. Knead until smooth and doesn't stick to your hands (about 8-10 minutes).
3. Preheat an unoiled skillet to medium-high heat.
4. Divide dough into 12 equal parts and form into round balls. Cover with a damp cloth.
5. Flatten balls with the palm of your hand, then use a rolling pin to roll out each piece into a 6" to 8" round circle.
6. Cook the roti for 1 minute, then turn over to cook for another minute. The roti should have some dark brown spots when finished. Best served warm.

Recipe adapted from: http://allrecipes.com/recipe/17225/roti-bread-from-india/