

RESCUE*RECIPE- TURNIP CURRY

AKA SHALGAM SABZI

INGREDIENTS

- 2 Tbsp vegetable oil
- 1 tsp cumin seeds
- 1 onion chopped diced
- 2 cloves garlic minced
- 2 turnips (or 2 small rutabagas) peeled and cut into small cubes (approx. 2 ½ cups)
- ¼ tsp red chilli powder
- ½ tsp turmeric powder
- ½ tsp cumin powder
- ½ tsp coriander powder
- ¼ cup water
- ¼ - ½ cup chopped tomatoes
- ½ tsp salt
- ½ tsp sugar (optional if turnips are bitter)

DIRECTIONS

Step 1 – Heat oil on medium heat in a medium sized pan. Add cumin seeds until they make a sizzling sound 2-3 min

Step 2 – Add onions and garlic. Cook 2 minutes. Then add turnip cubes.

Items in red have been rescued* from disposal.



Step 3- add the remaining spice powders, stir to coat. Continue cooking.

Step 4 – When fragrant, add water, cover pot and cook on low-medium heat 8 minutes.

Step 5 – When turnips are fork-tender, add tomatoes, salt and sugar if needed.

Serve hot with naan bread, rice and/or other Indian dishes.

... don't *turnip* your nose to this recipe!



FUNKY FOOD FACT

TURNIPS HAVE HAD A BAD RAP. FROM BEING USED AS WEAPONS BY THE ROMANS TO BEING HURLED AS AN INSULT IN DIKENSIAN TIMES!

I ADMIT THAT I TURNED TO THE INTERNET FOR INSPIRATION FOR THIS “RESCUE*RECIPE”. THIS SIMPLIFIED VERSION USES MORE COMMON KITCHEN STAPLES TO CREATE THIS TASTY EAST INDIAN STYLE DISH.

TURNIPS ARE SMALLER AND WHITER THAN RUTABAGAS WHICH TEND TO BE LARGER, YELLOWISH AND SWEETER.