

TERRA MADRE DAY 2014 CURRY DINNER RECIPES
LAMB CURRY ♦ FUTARI ♦ CHUTNEYS

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Lamb & Potato Curry

Lamb Marinade

3 lbs lamb cut into bite-size pieces
1½ tbsp each minced or crushed fresh ginger
and garlic
1½ cups plain whole milk yogurt
Juice of ½ lemon
2 tbsp vegetable or canola oil
3 curry leaves
2½ tbsp ground coriander
2 tbsp cumin
1 tsp garam masala
½ tsp cinnamon
½ tsp cloves
½ tsp cardamom
3 tsp sugar
2 tsp salt

Sauce

¼ to 1/3 cup canola oil
1½ onions (made into a paste in a food
processor or grater)
½ tbsp grated fresh ginger
½ tbsp crushed fresh garlic
1 tsp cumin
1 tsp coriander
8 oz can roasted tomatoes, ground in a food
processor until smooth
4 medium Yukon Gold potatoes, peeled and
cut into bite-size pieces
½ cup heavy cream
2 tbsp butter
1 tsp white pepper
½ tsp ground fenugreek

- Put lamb and marinade ingredients in a large bowl. Marinate for up to 24 hrs.
- When ready to cook, roast the meat on a baking sheet in the oven for 15 min. at 350°F. Keep the leftover marinade for use in the sauce.
- Heat ¼ cup oil until hot and fry onion, ginger and garlic till lightly golden.
- Add white pepper, cumin, coriander and fenugreek to the onion paste; stir for a few seconds.
- Add the leftover marinade and stir for a minute.
- Add in the tomato sauce and stir for 3 to 5 min on low heat.
- Add the roasted lamb to the pot. Add a bit of water if necessary. Cover and cook the lamb on low heat for an hour to 1½ hours. Stir occasionally.
- Add the potatoes. Stir in 1 cup of water and cover and cook until potatoes are tender and lamb is soft.
- Just a few minutes before turning off the heat, add the cream and butter and wait until butter is melted and sauce is thickened. Add more salt if needed.

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Futari (Tanzanian Coconut Squash)*

4 cups fresh pumpkin (or winter squash, yams/sweet potatoes, or a mixture)

3 tbsp onion

1 tbsp butter

Juice of ½ lemon (plus a bit extra)

½ tsp cloves

1 tsp salt

1 cup coconut milk (plus a bit extra)

1 tsp cinnamon

- Split and seed the squash. Roast at 350°F for 30–45 minutes, until soft. Let cool till safe to handle. Peel squash and gently cut into chunks.
- In large pot, heat butter and fry onions.
- Add ground cloves, salt, coconut milk, and cinnamon. Heat for 5 minutes to blend flavors.
- Add squash and heat together while gently stirring.
- Just before serving, you can add an extra squeeze of lemon and an extra ½ cup of coconut milk to heighten the flavors.

*From the *Africa News Cookbook* — a great source of recipes from all over Africa!



Coriander – Mint Chutney*

3½ oz coriander (cilantro) leaves without stems	1 tsp. salt
1 oz spearmint leaves	1 tsp hot green pepper sauce or 1–2 chopped hot green peppers
1 oz garlic chives, chopped	⅔ cup coconut milk
3 quarter-size slices of ginger	1 tsp cumin seeds
2 tbsp lime juice	

- Toast cumin in dry skillet until fragrant. Grind in mortar.
- Purée all ingredients except the cumin in a blender. Serve with cumin sprinkled on top.
- Makes ~1½ cups of chutney. Store in refrigerator for one week or freeze.

* Recipe adapted for Slow Food Corvallis by Board Member Linda Ziedrich from her blog, [A Gardner's Table](#).



Sweet Tomato Chutney*

4 lbs ripe tomatoes, peeled and chopped	2 tbsp chopped fresh ginger
1½ cups sugar	½ tsp hot pepper flakes
1½ cups white vinegar*	½ tsp fennel seeds
1 tbsp salt	½ tsp cumin seeds
Grated zest and juice of 1 large lime or equivalent	½ tsp fenugreek seeds
¼ cup chopped garlic	½ cup raisins

* *white wine vinegar or distilled white vinegar*

- Combine all ingredients in a heavy, nonreactive pot. Bring to boil.
- Reduce heat and simmer 1½ – 2 hours until chutney is thick. Stir often.
- Makes ~2 pints of chutney. Store in refrigerator for one week.
- For long keeping, can the chutney in pint or half-pint mason jars, processed in a boiling-water bath for 10 minutes, or store it in glass or plastic containers in the freezer.

* Recipe adapted for Slow Food Corvallis by Board Member Linda Ziedrich from her book, [The Joy of Pickling](#).

