



Lamb Curry

Featuring: Alice's Kitchen

Ingredients:

5 Tbsp. vegetable oil
5 1/2 lbs. leg of lamb, thinly sliced
2 tsp. mustard seeds
1 tsp. fenugreek seeds
3 fresh green chiles, seeded and thinly sliced
1 handful curry leaves
2 thumb-sized pieces fresh ginger, peeled and coarsely grated
3 onions, peeled
1 tsp. chili powder
1 tsp. turmeric
6 tomatoes, chopped
1 (8 oz.) glass water
1 (14 oz.) can coconut milk
Salt

Directions:

Heat the oil in a pan and sear the lamb. Add the mustard seeds, wait for them to pop, then add the fenugreek seeds, fresh chiles, curry leaves, and ginger. Stir and fry for a few minutes.

Chop the onions and add to the pan. Continue to cook for 5 minutes until the onions are light brown and soft. Add chili powder and turmeric.

Put the tomatoes into a food processor, pulse, and add them to the pan.

Cook for a couple of minutes, then add water and coconut milk. Simmer until the lamb is tender and the sauce has the consistency of double cream, then season carefully with salt.

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Sabich-Eggplant Sandwich

Featuring: Seif Foods

Ingredients:

(Makes 4 sandwiches)
1-2 large eggplants, peeled and sliced 1/4" or so thick
Olive oil
4 pieces good pita bread
4 hard-boiled eggs, peeled and sliced
2 roma tomatoes, finely diced
1/2 cucumber, finely diced
juice of 1 lemon
hummus
1/2 flat leaf parsley
1/2 small white onion minced
1/2 c. pickle, cut into small slices or cubes
Mango pickle, or hot sauce of your choice

Directions:

Preheat your oven's broiler. Brush eggplant slices with olive oil, and place them on a baking sheet or broiling pan. Place the pan about 6" from the heat source. Cook under the broiler for 10 minutes, or until tender and toasted.

While the eggplant is cooking, make a simple salad of the tomatoes, cucumber, and lemon juice, with salt to taste. Put each of salad ingredients in individual bowls so everyone can build a sandwich to their own specifications. Toast or grill the pita bread and serve.

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