



The Recipes:

Pudina (Mint) Chutney

1 cup fresh mint
 1 Onion
 1 clove garlic
 1 green pepper
 1 tbsp. tamarind
 1 tbsp. olive oil
 1 tsp. cumin seeds
 1 tsp. salt

Seasoning:

1 tbsp. olive oil
 1 dried red pepper
 1 tsp. black mustard seeds

In a pan add oil, cumin seeds, chopped onions, pepper, garlic, mint, tamarind and salt. Sauté for five minutes. Make a soft paste of the mixture in a food processor or blender. In a pan add oil, mustard seeds and split the red pepper into two halves, fry to dark brown. Add the mixture to the seasoning. Put it in a serving bowl and enjoy the refreshing taste of the mint chutney with rice, bread or tortillas!

Tomato and Coconut Chutneys: Instead of the 1 cup fresh mint, substitute tomatoes or coconut.

Egg Curry

2 tbsp. oil
 1 big onion chopped
 1 green pepper or 1tsp red chili powder
 1 tsp cumin seeds
 1 tsp mustard seeds
 1 tbsp garlic and ginger paste
 4 tomatoes
 4 tbsp ketchup
 1 tsp turmeric
 1tsp salt
 4 fresh eggs
 1/2 cup cilantro or mint

Boil eggs and peel them. In a deep dish add oil and chopped onions till golden brown then add cumin mustard seeds, garlic ginger paste, chili powder, turmeric, salt and stir for a minute, add chopped tomatoes cover the dish with a lid and cook it for 5 to 8 minutes or till tomatoes are soft Add ketchup and stir for a minute. Make four slits on the boiled and peeled eggs and add them to the mixture , cover the lid and let it cook for 2 minutes Garnish with fresh mint or cilantro Egg curry can be served with rice, naan and bread!

Pulihar (Lemon Rice)

1cup basmati rice
 1¹/₂ cups water
 Seasoning:
 1 tbsp. olive oil
 1 tsp. black mustard seeds
 1 tsp.cumin seeds
 1 dried red pepper
 2 curry leaves
 1/2 lemon/ lime juice
 1 clove of garlic
 1 tsp. turmeric
 1 tsp. salt
 1 tbsp. peanuts(optional)

Clean the rice and cook in water. In a pan add oil and all the ingredients listed under seasoning till brown. Add the cooked rice to the seasoning and stir till evenly mixed to a bright golden yellow. Garnish with fresh cilantro or mint(optional)

Lemon rice is good with any chutney and a favorite of many Indians!

Mango Lassi Mango Lassi is a delicious combination of mangoes and yogurt great on hot summer days or as a compliment to spicy meals.

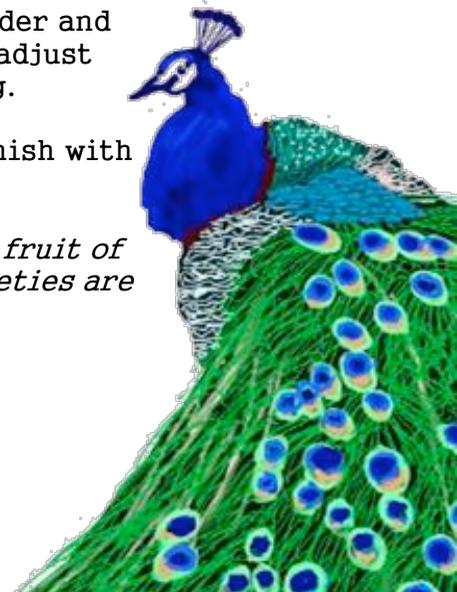
2 cups ripe mangoes peeled and chopped
 1 cup yogurt
 1/2 cup milk
 3 – 5 tablespoons honey (Adjust to taste, traditionally made with sugar)
 1/8 teaspoon cardamom powder
 1 tablespoon chopped mint leaves (Optional)
 3 cups crushed ice or ice cubes, use as needed

Blend the mangoes, yogurt, milk and 3 tablespoons honey. Adjust honey according to taste. *Honey amount will depend on the sweetness/sourness of the mango and yogurt*

Add ice and cardamom powder and blend again. Add water to adjust consistency to your liking.

Pour in tall glass and garnish with mint leaf.

The mango is the national fruit of India, where over 100 varieties are grown . . .



Today's Menu:

Egg Curry

Pulihar (Lemon Rice)

Mint Chutney

Tomato Chutney

Coconut Chutney

Mango Lassi

The Breads:

Tandoori Naan - a
leavened, oven-baked flatbread

Chapati - an unleavened, pan-fried
flatbread

Paratha - an unleavened, pan-fried
*flatbread; commonly stuffed with boiled potatoes,
leaf vegetables, radishes, cauliflower and/or paneer
(South Asian cheese)*

For information about Howard County Farmers' Market, events at the market or demonstration garden or how to become a market vendor, contact Market Managers:

Debra Bolding, (870) 557-2352

Glenda Rice, (870) 845-8859

Mary Hartness (501) 472-8092

Carolyn Prescott (870) 874-2204

or pick up an application
packet at:

**Nashville Chamber of
Commerce**

107 South Main
Nashville, AR 71852
(870) 845-1262

Visit the Farmers Market page at
the Chamber of Commerce website
at

nashvillear.com

and check the

**Growing Healthy Communities
Calendar of Events** at the
Chamber Website as well!

A Little Taste of India

Molly Sirigiri

**Howard County
Farmers Market**

August 2, 2013

