



SHORVEDAR CHUKANDER
(Indian beets w/onions)

3/4 pound beets (3-4 beets) -- thoroughly scrubbed to remove any dirt & grit
4 tablespoons vegetable oil
1 teaspoon whole cumin seeds
1 clove garlic, (peeled and minced)
1 large onion, (peeled and coarsely chopped)
1/8 - 1/2 teaspoon cayenne pepper
2 medium tomatoes, (peeled and finely chopped)
1 teaspoon salt
3/4 cup water (saved from the cooking water of beets)

1. Cook beets in about 2" of water until tender (or roast in oven) and peel; cut into approximately. 6 wedges
2. Heat the oil in med. pan over med. flame. When oil is hot, add cumin seed & let them sizzle for 5 seconds.
3. Add onions to oil-cumin-garlic mix. Stir and sauté for 2 min.
4. Add in minced garlic, carefully sautéing until lightly golden (about 1/2 minutes; don't let garlic burn!)
5. Add into this mix the flour which has been dissolved in the beet cooking water, add the cayenne; stir into the onion/cumin mix and cook for about 1 minute.
6. Add the cooked wedges of beets, tomatoes and salt, with flame on medium, cooking until the sauce is thickened.