

NATASHA SINGH, SUNDAY COOKS, MINNEAPOLIS FARMERS MARKET, OCT. 4

CUMIN (GEERA) POTATOES

Serves four to five

- 3 large potatoes, cubed
- 2 tbsp vegetable oil
- 1/2 cup diced onion
- 2 cloves garlic, minced finely
- 2 chopped jalepeno peppers (optional*)
- 3 tbsp whole cumin seeds
- 1 cup fresh or frozen green peas
- 1/2 cup chopped fresh cilantro

1. Boil the potatoes in enough water to cover them by two inches. This might take 15 to 20 minutes over medium high heat. Drain and set aside.
2. In a large skillet set over medium heat, add the oil. To the hot oil, add diced onion, minced garlic, pepper, and cumin seeds. Saute for about ten to fifteen minutes, uncovered. You really want the onions to slightly caramelize and soften, and the cumin seeds to roasted at the same time. This is the only way to get that intense cumin flavor and aroma.
3. Add the boiled potatoes, stir well, cover and cook for a further 10 minutes stirring a couple times. Add the peas, cover and cook for four to five more minutes until the peas have heated through. Serve sprinkled with chopped, fresh cilantro.



*Scotch bonnet peppers are my choice for this recipe- the hotter the better- but they are uncommon in most grocery stores. If you can find it and want to, by all means, go ahead and replace the jalepenos but, remember, scotch bonnets are some of the most fiery peppers available. My advice would be to use disposable

gloves when handling them. For less heat, use only the flesh of the pepper, not the seeds. Alternatively, you can omit the peppers altogether for a milder but nonetheless exotic dish.



CARAMELIZED APPLES

Serves four

- 4 to 6 apples, peeled, cored and sliced
- 1/2 cup brown sugar
- 2 tbsp unsalted butter
- 2 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1/2 cup almond powder
- fat free vanilla greek yogurt

1. Add half of the sugar and all of the butter to a large skillet over medium heat in an even layer.
2. Once the sugar begins to melt to a light brown color, add half of the spices followed by the apples. Stir constantly for four to five minutes until all of the apple slices acquire a rich brown color and they soften slightly. Remove from heat.
3. To make the almond topping, combine the remaining 1/4 cup of sugar, 1 tsp cinnamon, 1/2 tsp nutmeg and almond powder. Sprinkle over apple slices and top with yogurt to serve.