

Lil Faider Interfaith Scholar- in- Residence

Taste of Judaism: Sikh Edition

Presented by Dr. Harjot Kaur Singh

February 20, 2014 -7 to 9 pm

Recipe for Squash/Kadhoo Subzee

(makes 5 servings)

Ingredients:

1 green squash, peeled and cut into cubes
2 onions
2 cloves of garlic, minced
1 tsp. cumin
1 ½ tsp. salt
1 tsp. turmeric powder
1 green pepper, cored, seeded and diced
1 tsp. Bhau Phaji mixture
1 tsp. shredded ginger
2 medium tomatoes, diced
1 bottle Ghee
1 tsp. Garam Masala
Cilantro for garnish

Directions:

1. Saute onions and garlic in ghee.
2. Add cumin and continue to saute.
3. When mixture becomes semi-golden, add squash.
4. Continue to saute for 5-10 minutes and then add salt and turmeric powder
5. Add green pepper, Bhau Phaji mixture and ginger and continue to cook briefly until all ingredients combined.
6. Add tomatoes and cook for 10 minutes.
7. Add Garam Masala.
8. Serve with cilantro garnish.

Recipe for Yoghurt

Combine a large container of plain yoghurt any or all: fresh grated cucumbers, diced tomatoes or diced onions. Add roasted cumin, black pepper, and salt to taste.

Recipe for Dhaal to be made in Slow Cooker

(makes 5-6 servings)

Ingredients:

3 cups Dhaal
1 tblsp. salt
2 small green peppers, cored, seeded and diced
1 tblsp. turmeric powder
1 tblsp. fresh ginger, diced
3 medium onions, diced
2 large tomatoes, diced
1 tblsp ghee
4 cloves garlic, diced
1 tblsp. cumin
1 tsp. hing

Directions:

1. Clean Dhaal to remove any stones.
2. Wash in warm water.
3. Add 6 cups hot water.
4. Add salt along with diced green peppers.
5. Add turmeric powder, ginger, onions, tomatoes.
6. Melt ghee in a frying pan and add garlic, cumin, and hing. Brown the entire mixture.
7. Add to the slow cooker for 6 to 8 hours at medium heat.