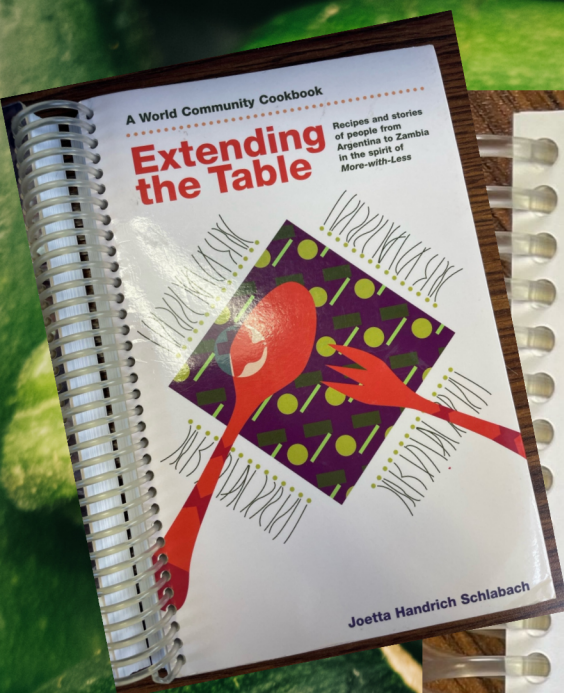


# Lorna's Favorite Zucchini Recipe



Dried Beans

**C**urry refers both to a spicy blend of seasonings (cumin, coriander, turmeric, and others) and to the dishes flavored with these seasonings. Curry dishes, native to the subcontinent of central Asia, are also found in parts of eastern and southern Africa influenced by Indian

immigrants, and elsewhere.

Authentic curry dishes are typically spicy hot. Individual cooks often grind and blend their spices as they cook, using different blends for different dishes. Curries are served with any combination of rice, Puris (p. 49) or Chapatis (p. 48), plain yogurt (p. 295) or

raitas (p. 118), a chutney (p. 276), or other vegetables. The number of accompaniments depends on the wealth of a family and whether the meal is ordinary or festive. Poorer families commonly eat curry meals with either rice or bread—not both.

## Red Lentils with Zucchini (India)

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(ts) Serves 4

Lao Dhal  
(lah-oo DAHL)

*In the villages of West Bengal, Indian families prepare Lao Dhal with red lentils and white pumpkins, which are plentiful and inexpensive. We substitute zucchini for white pumpkin, making this a good end-of-summer dish.*

Heat in saucepan:

**2 T. oil (30 ml)**

Add:

**1 large onion, chopped**

**1/2 t. ground turmeric (2 ml)**

**1/2 t. cumin seed (2 ml) or 1/4 t. ground cumin (1 ml)**

**1 hot red pepper +!**

**1 bay leaf**

Fry 1-2 minutes.

Add:

**1 c. red lentils (250 ml)**

**3/4 t. salt (3 ml)**

**1 t. sugar (5 ml)**

**2 c. water (500 ml)**

Bring to a boil. Reduce heat, cover, and simmer 15 minutes.

Add:

**2 c. zucchini, cut in small pieces (500 ml)**

Stir to mix. Return to a boil. Cook, covered, stirring occasionally, until water is absorbed and lentils and zucchini are tender. Serve hot with Chapatis (p. 48) or rice.

—Cynthia Peacock, Calcutta, India

**B**angladeshi village women prepare meals in separate bamboo cookhouses that have mud stoves called *chulas* built into the earthen floors. The cookhouse also serves as dining room. Family members sit

in a circle on small stools two to three inches high. They use the fingers of their right hand to eat from their plates of rice.

Each morning it is the job of the daughter-in-law to prepare rice and curry for her extended family's

lunch. She often makes enough so leftovers can be reheated for supper. Some families cook fresh food for both meals, especially during the hot season.