



Sambaro

Rosie's note: This is a wonderful easy fresh vege recipe that Kathy always cooks when we get together at the Valenta family camp at Grand Lake in New Brunswick. No doubt Kathy cooks this all year round, but to me it means the camp because that's when we all see each other

Prepare veg:

3 carrots, cut into strips
3-10 hot peppers (jalapeno or finger), halved
1/2 red pepper, cut up (opt)
1/2 med cabbage, shredded, but not too finely

Spices:

1 tsp mustard seeds
1/4 tsp cumin seeds,
10-12 curry leaves (likebay leaves, but smaller)
1/2 tsp turmeric
1/2 tsp crushed garlic (opt)
1 tsp salt

Heat oil (to cover pan), add mustard seeds, cumin seeds, curry leaves. Add vegetables and the rest of the spices and continue to cook and stir on med heat until carrots are tender, and most of the water has been cooked off. Add a pinch of sugar



Sultan and Kathy
at the camp