

NEPALESE HOT & SPICY TOMATO PICKLE

DIRECTIONS:

1. Boil tomatoes and dry garlic together.
 2. Wait until cool, and then put it in grinder (blender) with roasted sesame powder, cumin powder, salt, ginger and grind together until you have a nice paste.
 3. Heat sauce pan and add oil (relatively hot).
 4. Put fenugreek seeds in pan and wait until they turn black.
 5. Add in Greek peppers and turmeric powder.
 6. Stir very quickly and add in your tomato paste.
 7. Bring it to a boil (no more than 1-2 minutes).
 8. Turn off heat and add in finely chopped cilantro.
- Can be served hot or cold and with rice, bread, or pasta.
- Enjoy!



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| ½ lb tomato | ½ oz cilantro |
| ¼ oz dry garlic | ½ oz ginger |
| ½ oz sesame powder (roasted) | 5 teaspoons oil (olive oil, mustard oil, sunflower oil, etc.) |
| 5 green peppers (chopped) | 10-15 fenugreek seeds |
| ½ teaspoon turmeric powder | |
| 2 teaspoon cumin powder | |
| 2 teaspoons salt (add/reduce to taste) | |



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