

Bengali Tomato Chutney Dip

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*3 fresh curry leaves
3/4 teaspoon cumin seeds
3/4 teaspoon mustard seeds
1 dried red chile pepper
2 tablespoons vegetable oil
1 tablespoon peeled ginger, grated
1/2 teaspoon fennel seeds
2 cups crushed canned tomatoes
1/4 teaspoon sugar
1/4 cup golden raisins
1/4 cup cider vinegar
salt (to taste)*

In a saucepan with the vegetable oil, fry the curry leaves, cumin seeds, mustard seeds and red chile until the mustard seeds pop, 1 minute,

Add the ginger and fennel seeds. Cook for 30 seconds. Add the tomatoes, sugar, raisins and cider vinegar. Simmer, stirring occasionally, until very thick, one hour. Let cool.

Season with salt. Thin with water, if necessary.

Per Serving (excluding unknown items): 400 Calories; 29g Fat (60.6% calories from fat); 3g Protein; 40g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Fruit; 5 1/2 Fat; 1/2 Other Carbohydrates.