

Creamy Tomato Chutney Dip

Food Network Magazine

*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)
1 1/2 cups plain yogurt
1/4 cup chopped cilantro*

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.

Mix in the yogurt and cilantro.

Per Serving (excluding unknown items): 627 Calories; 41g Fat (55.9% calories from fat); 15g Protein; 57g Carbohydrate; 2g Dietary Fiber; 47mg Cholesterol; 182mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Fruit; 1 1/2 Non-Fat Milk; 8 Fat; 1 1/2 Other Carbohydrates.