



**April 9, 2011 – December 17, 2011**  
 April 9 – September: Saturdays, 8:30 am to 12:00 pm  
 October – December 17: Saturdays, 9:00 am to 12:00 pm

[www.peachtreeroadfarmersmarket.com](http://www.peachtreeroadfarmersmarket.com)

Cathedral of St. Philip | 2744 Peachtree Road NW | Atlanta, GA 30305

## July 2<sup>nd</sup> Chef Demo

**Asha Gomez of Spice Route Supper Club**

### **KERALA VEGETABLE STEW**

Serves: 4

Cooking time (approx.): 18 minutes

4 cups cubed mixed vegetables:

Potatoes

Carrots

Pink Lady Turnips

Green beans

Red bell peppers

**Riverview Farm**

**Sun Dogs Farm**

**Yoder Farm**

**McMullan Family Farm**

**Farmer Jeff**

2 medium onion(s) sliced

4 tablespoons oil (vegetable or canola oil)

4 whole green cardamoms

4 whole cloves

1" cinnamon stick(s)

2 green chilli(es) slit

2 teaspoon(s) ginger cut into strips (juliennes)

1 teaspoon(s) black peppercorns coarsely crushed

2 cup(s) coconut milk (canned unsweetened coconut milk is available in Whole Foods or Asian markets)

2 cup(s) vegetable stock

A few curry leaves, turmeric powder and salt to taste (optional)

**Riverview Farm**

**Burge Organic Farm**

1. Heat the oil in a pan on medium level till it is hot. Add the green cardamoms, cloves and cinnamon. Fry for a few seconds. Now add the green chilli(es), ginger and the sliced onions.
2. Sauté on medium heat for 2 minute(s) or till the onions are transparent and soft.
3. Add the mixed vegetables, curry leaves, salt and vegetable stock. Cover and cook on low heat for 15 minutes or till the vegetables are cooked.
4. Add the peppercorns and the coconut milk. Simmer on very low heat (so that the coconut milk does not curdle) for about 1 minute(s).