

Spicy Green Beans and Tomatoes (Masaledar Sem)

Serves 6

1.5 lb fresh green beans
1 T. ginger paste
10 cloves of garlic, peeled
12 oz. water
5 T. vegetable oil
2 t. whole cumin seeds
1 T. red chili pepper flakes
2 t. ground coriander
1/2 lb. tomatoes, peeled and finely chopped (canned is fine)
1 1/4 t. salt
3 T. lemon juice
1 t. ground toasted cumin seeds
black pepper

1. Trim the ends of the green beans and cut them into 1/2 inch pieces. Put the ginger and garlic in the blender with 4 oz of the water and blend until smooth.

2. Heat the oil in a heavy saucepan over medium heat, when hot add the cumin seeds. In a few seconds put the the chili flakes and then the ginger-garlic paste. Stir and cook for 1 minute. Add the coriander and stir.

3. Add the tomatoes. Stir and cook 2 minutes. Add the green beans, salt, and remaining water. Cover and cook over low heat for 8-10 minutes. Add the lemon juice, roasted cumin, and black pepper to taste. With the lid off boil away any excess water while stirring gently.