



Food for Thought
A Life in Four Courses

Govinda's Kaakro ko Achar (Cucumber and Pickle salad)



“Tradition is changing and developing with generations. My children know about food in Nepal and they also know about food here in Scotland. I feel that maybe my children won’t cook the way I do as I don’t cook as my parents did but I hope they will follow our food traditions.”

GOVINDA, RAM KANDEL, FOOD FOR THOUGHT PARTICIPANT

Ingredients

- 3 medium boiled potatoes – cut into chunks
- 1 medium cucumber – cut into chunks
- 3 tablespoons sesame seed powder (til)
- Fresh chillies (to taste)
- 2 tablespoons of oil
- 1 tablespoon of fenugreek seeds
- Pinch of turmeric powder
- Lemon juice (to taste)
- Salt (to taste)
- Fresh coriander – few leaves

Method

Mix the cucumber, potatoes, sesame seed powder, salt and chillies in a bowl and set aside.

Heat 2 tablespoons of oil in a pan and add fenugreek seeds and let them splutter for few seconds until they are brown. Add a pinch of turmeric powder.

Pour this mixture over the other ingredients in the bowl.

Mix everything together and finish it up with adding lemon juice.

Garnish with chopped fresh coriander.

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