



NEGURO KO SAAG (fiddlehead fern curry)

Fiddlehead ferns grow year-round in the forests of Bhutan. In Alaska, they are one of the first edible plants to come up in the spring. Gathering fiddleheads and other wild flora is a common practice among Nepali-speaking Bhutanese Alaskans. This recipe, like any other curry, can be modified by adding potato, eggplant, carrot, or other vegetables.

PREP TIME: 10 minutes

COOK TIME: 1 hour 10 minutes

TOTAL TIME: 1 hour 20 minutes

SERVES: 6-8 people

4 cups fiddlehead ferns, chopped into 1-1.5 inch pieces

1 white onion, diced

2 large tomatoes, diced

4 garlic cloves, minced

2 Thai chilis, minced (adjust for desired spiciness)

1 tablespoon ajwain seed
(Caraway is a good substitute)

1 tablespoon salt

1 tablespoon fenugreek seed

1 tablespoon **Garam Masala Spice Blend**

1 tablespoon turmeric powder 2 cups plain yogurt

¼ cup mustard oil

1 1/2 cups cilantro, chopped

1. In a frying pan, toast fenugreek and ajwain seed in mustard oil over medium heat. Seeds are finished when they start to “pop.”

2. Add onion, garlic, and Thai chilis. Fry until onions are translucent, about 5-7 minutes.

3. Add ferns and fry until tender, about 8-10 minutes.

4. Pour in diced tomato and stir.

5. Add salt, turmeric powder, garam masala and stir.

6. Finish with yogurt and cilantro and cook for another 2-3 minutes.

7. Serve with rice.