

## Bengali Spinach

### Bengali Spinach

- \* 2/3 C Raw almonds
- \* 2 C Warm water
- \* 3 Tb oil/margarine
- \* 1 T Black mustard seeds
- \* 1/2 teaspoon whole cumin seeds
- \* 1/4 teaspoon Fenugreek
- \* 1 1/2 tablespoon Brown sugar
- \* 1/2 tablespoon Grated ginger
- \* 1 tablespoon Minced green chilies
- \* 2 Lb Trimmed fresh spinach
- \* 1/3 Cup Shredded coconut
- \* 1 Teaspoon Salt
- \* 2 tablespoon Water
- \* 1/8 Teaspoon Nutmeg

Soak nuts in warm water for 4 hours or overnight.  
Drain, wash & drain again.

Heat oil/margarine in a large pot over moderate heat.  
When hot, but not smoking, add the spice seeds & sugar.  
Fry till the seeds darken & the sugar caramelizes.

Add the ginger, chilies, spinach, nuts, coconut & salt.  
Cover, reduce heat to low & cook for 10 minutes.

Uncover, gently turn the spinach over.  
Add water if necessary.  
Cook for a further 10 minutes.  
Stir in the nutmeg & heat through for 1 to 2 minutes.  
Garnish with lemon & serve.