

Accidentallocavore®

Dear Friend,

Back into the kitchen with an easy recipe for [Butter Chicken](#).

What would any Indian inspired dish be without basmati rice? This recipe does make [perfect basmati rice every time!](#)

If squash is something you can't get enough of, [check out these beauties](#) on the September calendar.

Don't forget about the other venture, [Hudson Valley Eats](#). We're taking on the food scene in the Hudson Valley--restaurants, distilleries, markets, farms, all of it.

Wouldn't your food loving friends like to get a treat every Tuesday? Forward this to them and they [can sign up for the newsletter](#). Or click the icons above to send to a friend, share on Twitter, Facebook, or LinkedIn.

Enjoy!

Anne



Butter Chicken

Chicken Tikka Masala is a big favorite in our house and lately I've come across a couple of recipes for Butter Chicken, a close relative (or the same dish depending on who to believe).

I think the big difference is that Tikka Massala is marinated in yogurt, while Butter Chicken can be made on the fly.

The two recipes I was looking at were from both ends of the time spectrum--one was ready in about 30 minutes, the other was in a slow cooker and took 5-6 hours. I opted for speed.

[Get the recipe.](#)



Making Perfect Basmati Rice

I always make rice, be it long grain, jasmine, basmati, the same way -- twice as much water as rice, a little salt. Bring the water to a boil, add the rice, turn the heat down as low as you can, cover and cook for 20 minutes. Works every time.

So when I was looking at *Made in India* and she had a recipe for "Perfect Basmati Rice" I was skeptical.

[Get the recipe.](#)



September Calendar

How about this gaggle of gooseneck squash?

[Download the Calendar.](#)

[Calendar](#)

Accidental Locavore *Live!*

I'm off until September 11th when my guest will be the Editor of *Organic Hudson Valley*, Laurie Szostak. Enjoy the last weeks of summer!

Tune in at 5:00 EDT Mondays- www.pawlingpublicradio.org or listen anytime on [our homepage](#).

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