

# Curried Potatoes and Cauliflower (Aloo Gobi)

40 minutes

Recipe by Sylvia Fontaine



## Ingredients

3 tbsp light-tasting oil or ghee or coconut oil	8-10 curry leaves (optional)
1 shallot, chopped	2 tsp cumin seeds
4 cloves garlic, chopped	1 tsp black mustard seeds
3/4" piece of ginger, finely chopped or grated	1/2 tsp ground turmeric
1 Serrano or Jalapeno pepper	1/2 tsp paprika
1 tomato, finely diced, with juices	1 tsp ground coriander
2 cups diced potatoes (1/4" dice)	Cilantro
1 small head cauliflower	1 cup basmati rice
3/4 cup water	



## Instructions

1. Dice shallot and garlic. Grate ginger. Slice chili down the side but otherwise leave intact. Finely dice tomato and set aside on separate plate. Peel and dice potatoes. Cut cauliflower into small bite-sized florets.
2. Heat oil (or ghee) in large skillet over medium heat. Add shallot, garlic, ginger and chili pepper. Sauté for 3 minutes. Add cumin and mustard seeds and curry leaves if using. Sauté for 2 minutes.
3. Lower heat and add turmeric, coriander and paprika, along with chopped tomato and juices. Cook on low for 4 minutes.
4. Add 1 tsp salt and 3/4 cup of water. Stir, scraping down any brown bits on pan.
5. Add potatoes and cauliflower, toss to coat and cover. Bring to a gentle simmer over medium-low heat and cook, covered, until fork tender, about 15 minutes. Uncover and cook until any remaining liquid in pan is gone.
6. Meanwhile, rinse rice until water runs clear. Add to medium saucepan with 1 1/2 cups of water and 1/2 tsp salt. Bring to a boil. Stir, then reduce to low and cook covered for 10 minutes. Remove from heat and let sit for 10 minutes before fluffing with a fork.
7. Split the rice between four plates. Spoon Aloo Gobi onto the plates beside the rice and top with cilantro. Enjoy.