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Sailu's Kitchen

"Recipes from an Indian kitchen with a focus on Andhra cuisine. My blog is a humble attempt to preserve our culinary heritage and document traditional recipes"

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Banarasi Aloo Matar Sabji



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Banarasi Aloo Matar Sabji ~ Simple Sabji Recipes



Banarasi Aloo Matar Sabji

Even though I have already posted [aloo matar recipe](#) earlier, I'm going ahead and sharing a homestyle Banarasi style aloo matar that is not only the simplest recipe with minimalistic ingredients but also the tastiest. I have lost count of the number of times I have prepared Banarasi aloo matar ever since I had bookmarked this [recipe](#).

Less is more holds true for this incredible vegan potato curry where the star player is tomato. Blanched and ground tomatoes add oodles of flavor and the only three spices that go into the dish are cumin seeds, turmeric powder and red chili powder. The original recipe calls for a very watery gravy dish which is highly recommended. The first few times I prepared aloo matar like a runny gravy. For a change, I reduced the quantity of water so you will find that the dish appears like a thick gravy. I served it with Masala parantha and I cannot explain in words how flavorful and comforting our meal was.



Aloo Matar Sabji with Masala Paratha

Banarasi Aloo Matar Sabji Recipe

Prep time: 20 min

Cook time: 20 min

Yield: 5

Main Ingredients: potatoes green peas

Ingredients

- Potatoes - 3, large, washed and scrubbed of all the dirt (do not peel)
- Tomatoes - 1/2 kg, washed and make a + slit on top of each
- Green peas - 1/2 cup
- Cumin seeds - 1 tsp
- Turmeric powder - 1/2 tsp
- Red chili powder - 1 tbsp (adjust)
- Oil - 2 tbsps
- Salt to taste

Method

1. Cube the washed and scrubbed potatoes. You can even quarter them. I cut them into cubes.

2. Heat 4 cups water in a stainless steel vessel and bring to a boil. Reduce flame and place the tomatoes in the hot water and allow to cook for 7-9 mts or till they soften. Remove them from the water with a slotted spoon and allow to cool. Set aside the water (do not discard)
3. In a pressure cooker, add 2 cups water, cubed potatoes and green peas and pressure cook upto two whistles. Turn off flame, allow the pressure to ease and remove the lid.
4. Once the tomatoes cool, peel the skin and grind to a fine paste.
5. Heat oil in a heavy bottomed vessel. Once the oil is hot, add the cumin seeds and allow them to splutter. Add the turmeric powder and red chili powder and immediately add few tbsps of water.
6. Add the potatoes and green peas along with any left over water and the water used to cook the tomatoes. Increase flame to medium high and cook for 8-10 mts.
7. Add the ground tomatoes, salt to taste and mix well. Simmer for at least 9-10 mts and turn off flame. If you want more gravy, add more water.
8. Serve warm with phulka, chapati or rice.

Tips

- Usually Banarasi style aloo matar has a lot of gravy. I added less water.



Banarasi Aloo Matar Sabji, an everyday home style sabji that goes well with roti and rice. A gem among simple sabji recipes with potatoes, peas & tomatoes.



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