

ALOO GOBI MATAR

INGREDIENTS

2 cup cauliflower florets
2 cups potatoes, peeled and chopped
1 or 1.5 cups peas, fresh or frozen
2 small tej patta or 1 large tej patta (indian bay leaf)
1 or 2 green chilies, slit
½ teaspoon cumin seeds
¼ cup chopped onion
½ teaspoon turmeric powder
½ teaspoon red chili powder
½ teaspoon Garam Masala Powder
1 teaspoon coriander powder (ground coriander)
1 teaspoon dry fenugreek leaves, crushed (kasuri methi)
2 tablespoon oil
few coriander leaves for garnishing (cilantro leaves)
salt as required

For The Masala Paste

½ cup chopped onion
3 medium size tomatoes, chopped
½ inch ginger
3 to 4 garlic

METHOD

Step 1:

Preparation

Firstly, rinse and chop all the veggies.

Keep the cauliflower florets in salted water for 15-20 minutes.

Then drain the florets and keep aside.

Step 2:

Blend the the onion, tomatoes, ginger and garlic till smooth in a blender with no water or very little water.

Making Aloo Gobi Matar

Step 1:

Heat oil in a pan. Fry the cumin first with the bay leaves.

Add the chopped onions and fry till light brown. Add the ground onion-tomato paste

Step 2:

Stir and then add the following spice powders, one by one - ½ teaspoon turmeric powder, ½ teaspoon red chili powder, 1 teaspoon coriander powder and ½ teaspoon garam masala powder.

Step 3:

Fry the masala till the oil starts to leave the sides. Keep on stirring so that the masala does not stick to the pan. This might take around 7-9 minutes.

Step 4:

Now add the cauliflower florets, potatoes and peas. Then add 3 cups of water and stir the curry.

Step 5:

Finally add the slit green chilies and salt. Let the whole curry come to a boil.

Then cover with a lid and let curry simmer till the veggies are cooked. Finally, add crushed kasuri methi leaves

Step 6:

Garnish with coriander leaves and serve aloo gobi matar hot with some chapatis or steamed rice.

THE COOKERY

by The Secret Jozi Chef