

L' Aloo Indian Gobi, potatoes, spices and cauliflower

Recipe for 12 tapas

Description

Mix of vegetables, traditionally used in family gatherings.

Note

Keep an eye on the cooking time, we don't want the ingredients to overcook or undercook !

Other potatoes can be used for this recipe, like the ratte ir grelot potato. But be careful they will take less time to cook.

Ingredients

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- 2 Unit(s) Potatoes
- 2 Ml Cumin seeds
- 5 Ml Chopped garlic
- 1 Tsp Fresh ginger
- 5 Ml Curcuma
- 2 Ml Paprika
- 2 Ml Cumin powder
- 4 Ml Garam masala
- 1 Unit(s) Cauliflower
- 250 Ml Can of crushed plum tomatoes (28 oz)
- 5 Sprig(s) Fresh cilantro

- Vegetable oil

Preparation

- Preparation time **30.00 mins**

Prep and cooking

Peel the potatoes, cut them in 4 or 6 depending on size. Cut up the cauliflower in medium sized pieces.

Blanch the potatoes for 5 to 7 minutes in a boiling pot of salted water.

Heat up the oil in a pan. Add the cumin seeds, the garlic and the ginger paste, and cook for about 1 minute.

Add the potatoes, the tumeric, the paprika, the ground cumin, the garam masala and the salt. Cover and cook for 5 to 7 minutes.

Then , add the cauliflower and the canned tomatoes, reduce heat et keep covered. LEt it simmer for another 10 minutes until the cauliflower and potatoes are properly cooked.

Stir from time to time.

Bon appétit!