

Masala Potato and Cauliflower

By Chef Veera Gaul, Ph.D.



Ingredients

2 medium Yukon gold potatoes, cubed *
1 medium cauliflower, cut into medium sized florets
1 medium onion, sliced thin
2- 4 green chilies, slit (based on level of heat desired)
½ teaspoon cumin seeds
2 teaspoons ginger paste
½ teaspoon turmeric powder
½ teaspoon amchur (dry mango powder) or lime powder
1 teaspoon coriander powder
½ teaspoon garam masala
3-5 tablespoons EVOO
2 tablespoons chopped cilantro (plus more for garnish)
Salt to taste

Preparation

Add two teaspoons of EVOO to a large pan on medium heat. Add the potatoes and fry for 4-5 minutes till slightly browned. Add the cauliflower and continue to sauté till potatoes and cauliflower start to get some browned spots – another 4-5 minutes. Remove from the pan onto a paper lined plate.

Add 1 ½ teaspoons of oil to the pan, and add cumin seeds, letting them crackle. Add the onion, cook for two minutes till translucent. Add the slit green chilies, and ginger and cook an additional 2-4 minutes till the mixture is fragrant.

While the above is cooking, mix the turmeric, amchur/lime powder, and coriander powder in a bowl with a little water to make a paste (See Chef Tip). Add to the pan, mix well, cover and cook on medium low till the mixture (called masala in Indian food) cooks and releases oil.

Add the potatoes and cauliflower to the pan and mix well. Add the garam masala and salt to taste. Cook on low heat for 5-6 minutes until the potatoes are cooked through, and the cauliflower is al dente. You can add a sprinkle of water if the masala is sticking to the pan. Add cilantro and cook an additional minute

Serve garnishing with additional cilantro leaves and a squeeze of lemon or lime juice

Serves 4

Total Time: 25-30 minutes

Notes

* Traditionally white potatoes are used in India for this dish. If you prefer, you can reduce the amount of potato by half, and replace with additional cauliflower, or use sweet potatoes.

Chef Tip

Most recipes will suggest you add the dry spices straight into the pan, but I often find that dry spices burn more easily when added directly like that. Mixing the dry spices with a little water before adding to the heat, allows the spices to mix in with other ingredients, and slowly heat.

Categories: Entrees, Dairy Free, Gluten Free, Vegetarian, Vegan, Spiced Potato, Aloo Gobi, Cauliflower, Indian, Curry, Easy Weeknight Meal, Mediterranean Diet, Indian Flavors, Turmeric, Ginger, Cumin, Cilantro, Thai Chili, Amchoor, Lime Powder, Dry Mango Powder