



Spicy Potato and Cauliflower (Aloo Gobi)

This is a favorite dish in India and is typically served with some type of bread (naan, bhatura, chapati, parathas, etc.).

This recipe serves 2-4. Green peas or peppers can be added to create a different variation.

List of ingredients:

- 2 cups of cut cauliflower
- 2 medium red potatoes, sliced long ways
- ½ inch shredded ginger
- 3 teaspoons coriander powder
- 1/4 teaspoon turmeric
- 1/4 teaspoon red chili powder
- 3 tablespoons oil
- Pinch of hing (asafetida)
- 1/2 teaspoon cumin seed
- 2 green paper sliced and seeded; cut long way
- 2 bay leafs
- 1 teaspoon salt (or to taste)
- 1 teaspoon amchoor (mango powder-dry mango)
- 2 tablespoon chopped cilantro
- ¼ cup water

Preparation steps:

In a small bowl, create a paste from the spices by mixing the shredded ginger, coriander powder, cayenne pepper, turmeric, and 3 tablespoons of water.

Heat the oil in a pan. *Test the heat by adding one cumin seed to the oil; if seed cracks right away oil is ready.*

Add hing and cumin seeds to the oil. After the seeds crack, add the bay leaves and green chilies and stir for a few seconds.

Add the spice paste and stir for a minute until spices start leaving the oil.

Add cauliflower, potatoes, 2 tablespoons of water and salt. Mix well. Cover the pan and cook for about 15 to 20 minutes on medium heat, until the vegetables are tender. Stir gently every 3 to 4 minutes.

Add the mango powder and fresh cilantro (green coriander). Mix everything and cover for a minute. Adjust the salt to your taste.

Tip: To prevent the spices from burning, make a paste with the spices.

Optional variation:

Add some green peas and/or sliced red bell peppers. The red bell peppers should be added at the end of the recipe as they cook quickly.

Bonus Items

If you want to watch the video again, click [here](#).

Finding Indian spices can sometimes be a challenge, especially if you do not live close to an Indian market. Dry mango powder, as well as other Indian spices, can be found online. Check out the dry mango powder [here](#)....and look around for other spices you may need in your pantry.