

Gobhi Aloo (Cauliflower and Potatoes)

1 medium cauliflower, trimmed and cut into florets
2 medium potatoes, peeled and cut into one inch pieces
½ cup vegetable oil
*½ tsp mustard seeds
*1 tsp cumin seeds
*¼ tsp asafetida
½ green jalapeno pepper, finely chopped
*1 tbs ginger paste
*1 tsp salt (or to taste)
*½ tsp red chili powder
*½ tsp ground tumeric
*2 tsp ground coriander
*1 tsp ground cumin
*1 ½ tsp dry mango powder
*1 tsp garam masala
2 tbs chopped cilantro

In a large frying pan heat the oil. When hot add mustard seeds and as they begin to sizzle and pop, add cumin seeds and asafetida. Quickly add potatoes and cauliflower. Stir fry until cauliflower and potatoes start to brown at edges. Add the jalapeño peppers and ginger paste. Mix everything well.

Add the ground spices in this order: salt, red chili powder, tumeric, ground coriander, ground cumin and dry mango powder. Stir fry vegetables for 3-4 minutes. If spices stick to bottom, add a little water.

Turn heat to low, cover and let vegetables cook in the steam until tender. Sprinkle garam masala and cilantro. Mix well and serve.