

Aloo Gobi (Potato and Cauliflower Curry)

Most versions of this potato and cauliflower curry call for frying the vegetable and spices in plenty of oil. Here the potatoes and cauliflower are first steamed and then cooked with the spices just enough to bring out their flavors. Serve this dish over brown rice or your favorite grain.

Serves 4

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| • 1 medium yellow onion peeled and diced | • 1 tsp ground cumin |
| • 1 tbsp. grated ginger | • 1 tsp ground coriander |
| • 2 cloves garlic peeled and minced | • 1 tsp crushed red pepper flakes |
| • ½ jalapeno pepper, seeded and minced | • ½ tsp turmeric |
| • 2 medium tomatoes, diced | • ¼ tsp ground cloves |
| • 1 medium head cauliflower, cut into florets | • 2 bay leaves |
| • 1 pound Yukon gold or other waxy potatoes, cut into ½ inch dice | • 1 cup green peas |
| | • ¼ cup chopped cilantro or mint |
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1. Place the onion in a large Saucepan and sauté over medium heat for 7 to 8 minutes.
2. Add Water 1 to 2 tablespoons at a time to keep the onion from sticking to the pan.
3. Add the ginger, garlic, and jalapeno pepper and cook for 3 minutes.
4. Add the tomatoes, cauliflower, potatoes, cumin, coriander, crushed red pepper flakes, turmeric, cloves and bay leaves and cook, covered, for 10 to 12 minutes, until the vegetables are tender.
5. Add the peas and cook for 5 minutes longer.
6. Remove the bay leaves and serve garnished with the cilantro or mint.