

Spice is Nice II

Aloo Gobi with cream

Ingredients

1 large onion, thinly sliced
1/2" root ginger, thinly sliced
3 medium sized potatoes, cut into small cubes
(Keep in a bowl of water)
1/2 a small cauliflower, break into small florets
2 large red tomatoes, cut into eight slices
1/2 tsp mustard seeds
1/2 tsp cumin seeds
1/2 tsp ground coriander
pinch of ground cumin
1/2 tsp black pepper-pound
pinch of turmeric powder
salt to individual taste
2 tbsp veg/peanut/olive oil
2 stalks of fresh coriander leaves –chopped
4-5 tbs single/double cream

Method

Heat the oil in a wok/pan
When hot, add the mustard and cumin seeds
When the mustard seeds pop, add ginger, onion and potatoes
About 6-7 minutes later, add ground coriander, ground cumin, black pepper and turmeric
Stir for a few minutes then add tomatoes and cauliflower
Cook for a further 5-10 minutes and add salt
Add cream
Lower heat and cook until done
Remove, place in a dish and sprinkle with chopped fresh coriander leaves