



## Sushil's Aloo Sabzi and Puri Recipes

### PREPARING THE ALOO SABZI (POTATO CURRY)

*(5 People)*

#### Ingredients

2.5 Tablespoons Oil  
1 teaspoon cumin seeds  
1 teaspoon finely chopped ginger  
1 teaspoon green chilli finely chopped  
50g chopped coriander  
2 medium sized tomatoes finely diced  
½ teaspoon turmeric powder  
1 pinch asafoetida (hing)  
1 teaspoon red chilli powder  
1/2 teaspoon Indian Chat Masala  
4 medium sized potatoes

#### Instructions

1. Boil the potatoes. Cut and dice into bite size pieces.
2. Heat 2.5 tablespoons of oil in a saucepan. Add the cumin seeds and fry them until they make a crackling sound.
3. Then add the finely chopped ginger, green chilli, fresh green coriander (save some to garnish), and tomatoes. Saute until the tomatoes become soft. Stir and mix well, make sure the smell of raw ginger is no longer present.
4. Add the turmeric powder, a pinch of asafoetida (hing), red chilli powder, and Indian Chat Masala. Stir and Mix well.
5. Add the boiled potatoes, 2 cups of water and salt to taste (1/2 tablespoon if unsure). Mix well together. Leave to boil for up to 20 minutes. Look out for when the gravy gets a little thicker, or "infused" so you can see the colour of all the ingredients coming together. Then remove from heat and it's ready to serve.
6. Sprinkle Chopped fresh coriander to garnish and serve with Pooris (The bread).

### MAKING THE PURI (OR POORI)

1. Knead 2.5 to 3 cups whole wheat flour (atta) into a stiff dough with water and oil.



2. Put a small dab of oil in the palm of your hands, and then take a small piece of dough and roll into small balls of dough, about the size of a golf ball.
3. Put oil in pan (around 1 litre of oil) and set to medium heat for frying.
4. Using a rolling pin Roll the dough ball evenly into circles that are neither too thin or thick.
5. Place the rolled puri in a plate and cover with a clean kitchen towel, so that they don't dry up.
6. To fry the Puri: You can test if the oil is hot enough by dropping a small dough ball into the oil. If it floats, it means the oil is hot enough. If it sinks to the bottom, it means that the oil is not yet hot enough for frying.
7. Add one puri at a time, wait until it starts to puff up and turns golden in colour. Then flip the puri over to ensure that it is cooked on the other side as well. Both sides should be golden (If the puri's are too brown, please turn down the temperature of the oil).
8. Have some butter paper, or napkin laid out on a plate and once the puri is fried, let them sit on the napkin to drain any excess oil.
9. Serve the Puri with the Aloo Sabzi (Potato Curry) and dig in!

