

Indian Cooking Demo with Radhika Nayak

Aloo Gobi

Aloo Gobi is a delicious main dish made with potatoes, cauliflower, and a great blend of spices. Aloo Gobi can be served with various breads, such as rotis, parathas, and naans. Serves between 2-4.

Ingredients:

- ½ inch shredded ginger
- 3 teaspoons coriander powder
- ¼ teaspoon turmeric
- ¼ teaspoon cayenne pepper
- 3 tablespoons water
- 3 tablespoons oil
- Pinch of Asafetida
- ½ teaspoon cumin seeds (jeera)
- 2 bay leaves
- Salt (to taste)
- 2 cups of cut cauliflower (frozen works well, too)
- 2 medium potatoes (cubed)
- 1 teaspoon dried mango powder (amchoor)
- 2 tablespoons of chopped cilantro (green coriander)
- ¼ cup water as needed

Method

1. In a small bowl, mix the shredded ginger, coriander powder, cayenne pepper, turmeric, and 3 tablespoons of water to make a paste. Note: Making a paste with the spices will prevent the spices from burning.
2. Heat the oil in a pan. When hot, add asafetida and cumin seeds to the oil. When cumin seeds sizzle add the bay leaves and stir for a few seconds.
3. Next, add the spice paste and stir for a minute until spices start leaving the oil.
4. Add cauliflower, potatoes, 2 tablespoons of water and salt. Mix well. Cover the pan and let it cook on medium heat for about 15 to 20 minutes until the vegetables are tender. Make sure to stir gently every 3 to 4 minutes.
5. Lastly, add the mango powder and fresh cilantro (green coriander). Mix everything and cover for a minute. Adjust the salt to your taste.

Variations:

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.



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