

Aloo Gobi

Season: Summer/Autumn

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: cauliflower, coriander, ginger, onions, potatoes, tomatoes

Recipe source: Adapted from *Leith's Indian and Sri Lankan Cookery* by Priya Wickramasinghe (Bloomsbury 1997)

This is a popular dry curry from Bengal. It's quite common to add a small amount of sugar to Bengali curries, to balance the acidity of the tomatoes and spices. Taste the curry and feel free to leave it out if you wish.

Equipment:

metric measuring spoons
and jug
clean tea towel
chopping board
cook's knife
small frying pan, for toasting
seeds
large saucepan with lid
wooden spoon
mortar and pestle
serving bowl



Ingredients:

2 tbsp oil or ghee
1½ tsp black mustard seeds
1 large potato, chopped into
bite-sized cubes
½ onion, roughly chopped
2 tsp cumin seeds, toasted
2 tsp coriander seeds, toasted
1 tsp powdered turmeric
1½ tsp garam masala
1 cauliflower, cut into florets,
stalk peeled and thinly sliced
3-cm piece of ginger, grated
1 tsp sugar
¼ tsp salt, to taste
4 ripe tomatoes, chopped
125 ml water
1 small handful of coriander,
roughly chopped

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the oil or ghee in the large saucepan over a low heat.
3. Add the mustard seeds and cook for 1–2 minutes until you hear them pop.
4. Add the potato and onion and stir-fry until lightly golden.
5. Grind the cumin and coriander seeds in the mortar and pestle, then add to the pan with the turmeric and garam masala. Fry for a few seconds until fragrant.
6. Add the cauliflower florets and stalk, ginger, sugar and salt. Stir until all of the ingredients are coated in the spice mix.

7. Add the tomato and water. Turn up the heat and bring to the boil, before lowering the heat again and simmering, covered, for about 15 minutes.
8. Taste and check the seasoning.
9. Transfer to the serving bowl and sprinkle over the fresh coriander leaves.

