

Aloo Cholay

Potato and Chickpea curry

This vegetarian dish originated in Punjab, a northern state in India. Versions of this dish are popular at Indian restaurants in Britain and the US. Aloo Cholay is typically eaten with Indian bread.

Makes 4 servings

Ingredients:

4 small potatoes
1 tablespoon vegetable or canola oil
1 small onion, diced
1 15.5 oz can chickpeas (do not drain)
3 tablespoons tomato ketchup
1¼ teaspoon salt, adjust to taste
1 cup water
1 teaspoon garam masala
¼ cup chopped cilantro, for garnish

MASALA PASTE:

1 medium size green chili
1 small onion, chopped into chunks
1 medium size clove garlic
1½ teaspoon peeled grated ginger
¼ teaspoon crushed red pepper
1 teaspoon cumin seeds
1 teaspoon coriander seeds
1/8 teaspoon turmeric
3 tablespoons water

Instructions:

1. Boil the potatoes in a large pot filled with enough water to cover the potatoes. Cook until tender, then peel and chop the potatoes.
2. Combine all the ingredients for the masala paste in a blender and grind to a fine paste. Set aside.
3. Heat oil in a large pan over medium heat. Add the diced onion and saute until lightly browned, about 5-6 minutes. Add the masala paste and mix to combine. Saute for a few more minutes to cook the paste.
4. Add chickpeas (with liquid), ketchup, and salt. Mix and bring to a simmer.
5. Add water and keep at a simmer until chickpeas are tender, about 5 minutes.
6. Add peeled and chopped potatoes and garam masala. Mix gently and simmer for a few more minutes until sauce thickens slightly, about 5 minutes.
7. Add cilantro and mix to combine.

Serving Suggestion: Serve with Indian bread.

Tip: Swoosh water in blender to get remaining masala paste.