

Potato Masala

Potato masala is a spicy vegetarian dish from the south of India. It is quick and easy to prepare and makes a tasty side dish to accompany a curry or perhaps some Tandoori chicken. It can even be used as a filling for samosas or dosas.

- 4 medium potatoes
- 1 large onion
- 2 small green chiles
- 1/2 tsp. turmeric
- 1/2 tsp. salt
- 2 tbsp coconut (desiccated if available)
- 2 tbsp of grated ginger or ginger paste
- 2 tsp garam masala
- 2 tbsp coconut oil
- 1 tsp. mustard seeds (not prepared mustard)
- 6 curry leaves (buy these from an Indian grocery)
(use 1-2 tbsp of curry if curry leaves are unavailable)
- 1-2 heaping tbsp of fresh chopped cilantro
- 1/2 lb of green peas
- All purpose flour (optional)

○ 1

Peel the potatoes and dice them into 1-inch cubes. Chop the onion and chilies finely.

○ 2

Place the potatoes and peas in a medium saucepan along with 3/4 of the chopped onion, the chiles, the salt and the turmeric. Add just enough water to cover, then bring it to a boil, turn the heat down to simmer, and cook for 8 minutes.

○ 3

Puree the coconut, ginger and garam masala in a blender. Add this mixture to the potatoes and cook for another 8 minutes until the potatoes are tender but not mushy.

○ 4

Heat the oil in a frying pan. Add the mustard seeds to the pan and cook for a few seconds until each one has "popped," then stir the remaining onion into the pan and cook until golden.

○ 5

Stir the onion and mustard seed mixture into the potatoes. Season with additional salt if desired, and serve sprinkled with curry and cilantro leaves.

For samosas remove and mash the potatoes then mix back into other ingredients. Make biscuit dough or use canned biscuits. Roll out and cut into circles. Add enough potato mixture for a filling and fold over the dough forming a half circle. Seal edges with a fork. Place into a skillet with ample oil for deep fat frying and fry until golden brown. Remove with a slotted spoon and drain on plate with a paper towel on the plate to absorb any excess oil.