

# Aloo Gobi

**Season:** Autumn/Winter/Spring

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

**Fresh from the garden:** cauliflower, onions, potatoes, tomatoes

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

large knife  
small knife  
chopping board  
metric measuring spoons and cup  
large saucepan with lid  
large spoon for cooking  
small frying pan  
mortar and pestle  
small and medium bowls



## Ingredients:

100 g potatoes (about one large potato), washed and chopped into cubes  
½ onion, peeled and chopped  
1 cauliflower, washed, trimmed and cut into florets  
4 ripe tomatoes, chopped  
2 tsp cumin seeds  
2 tsp coriander seeds  
2 tbsp oil or ghee  
1½ tsp black mustard seeds  
1 tsp turmeric  
1½ tsp **garam masala**  
3 cm piece fresh ginger, peeled and grated  
1 tsp sugar  
½ tsp salt, or to taste  
125 mL water  
fresh coriander to garnish

## What to do:

1. Prepare the vegetables as above and set them aside in bowls.
2. Toast and grind the cumin and coriander, setting them aside in a small bowl.
3. Place the large saucepan on low heat and add the oil or ghee.
4. When the oil is hot, add the mustard seeds.
5. Cover the pan with a lid and allow the mustard seeds to cook until you hear them pop!
6. Add the cubed potatoes and the chopped onion. Fry until lightly browned.
7. Add the turmeric, cumin, coriander and garam masala and fry for a few seconds (not long!) until you smell the spice fragrance.
8. Add the cauliflower florets and stalks. Stir well to mix.

9. Add the grated ginger and the sugar.
10. Add salt to taste.
11. Add the chopped tomatoes and the water. Turn up the heat and bring to the boil, before lowering the heat again and simmering, with the lid on, for about 15 minutes.
12. Taste and check the seasoning again before serving.
13. Garnish with fresh coriander leaves.

