

## Gujarati Potato and Onion Curry Recipe

This is a simple and flavoursome recipe, tasting of fenugreek and cumin. It has a medium heat to it, and is great for medium to strong flavoured vegetables.

### Ingredients:

- 4 tablespoonfuls of groundnut oil
- 1 teaspoonful of black mustard seeds
- 1 teaspoonful of whole fenugreek seeds
- 1 teaspoonful of whole cumin seeds
- 1 medium sized red onion
- 2 medium sized potatoes
- $\frac{1}{2}$  teaspoonful of ground cumin
- 1 teaspoonful of ground coriander
- 1 teaspoonful of ground turmeric
- 1 teaspoonful of garam masala
- $\frac{1}{4}$  -  $\frac{1}{2}$  teaspoonful of red chilli powder
- 1 teaspoonful of sea salt
- 3 teaspoonfuls of sugar
- $\frac{1}{2}$  can of chopped tomatoes
- 250ml / 1 cup of water
- 1 large white onion
- 2 teaspoonfuls of lemon juice

### Method:

Firstly, get prepared

1. Put the black mustard seeds, fenugreek seeds and cumin seeds in a dish together
2. Peel and finely slice the red onion and put in separate dish
3. Peel the potatoes and cut into 1 inch cubes. Store the chopped potatoes in clean, cold water to prevent them drying out and going brown
4. Put the ground cumin, ground coriander, ground turmeric, garam masala, chilli powder, salt and sugar in a separate dish
5. Peel the white onion and chop into large pieces. You can leave these on the chopping board

You should now have three dishes of ingredients, some chopped potatoes in cold water and chopped onions on the chopping board

Start cooking

6. Put a large saucepan with a lid onto a medium-low heat and add the groundnut oil
7. When the oil begins to dimple, add the mustard seeds, fenugreek seeds and cumin seeds

8. Put the lid on and give the pan a shake
9. When the seeds begin to crackle and pop, add the red onion and give it a good stir
10. Put the lid back on and cook until the onions begin to go transparent, stirring occasionally. Don't let them take colour.
11. Remove the potatoes from the water and add them to the pan
12. Put the lid on give the whole thing a really good shake to ensure the potatoes are covered in the oil and other ingredients
13. Cook until the edges of the potato pieces begin to go transparent, stirring frequently to avoid sticking
14. Add the ground cumin, ground coriander, garam masala, chilli powder, salt and sugar and stir really well
15. Cook for about 5 minutes, stirring about every 30 seconds. If the mixture begins to stick and you cannot unstick it with the spoon, add a small amount of water to deglaze, but not so much as to make a gravy
16. Add the tomatoes and stir well
17. Add enough water to almost cover the potatoes (better to add too little and make it up later if necessary)
18. Cook for about 20 minutes, stirring every 10 minutes
19. Add more water if necessary
20. Add the white onion and stir in
21. Cook for another 10 minutes, until the potatoes are soft, but not mushy
22. Add the lemon juice right at the end and cook for 30 seconds (if you add it earlier the sourness will be lost and it will just taste bitter).

Serve with boiled basmati rice and hot roti coated in melted ghee.