POORI AND POTATO MASALA

The deep fried light crispy flat bread (Poori) and mildly spiced boiled potatoes is a very tasty and satisfying light meal or a brunch. Often Pooris and Potato Masala is served with sweet Shiro.

Serves: 6 as a light meal
Preparation Time: 15 min
Cooking Time: 40 - 45 min

Ingredients

- 750 g potatoes (Maris Piper preferred)
- 250 g onions(chopped)
- 2 tbsp cashew nuts, halved(optional)
- 3 tbsp sunflower oil
- 2 - 3 tbsp lemon/lime juice
- 200 ml water
- Salt to taste

Spices and herbs

- ½ tsp black mustard seeds
- 1 tsp cumin seeds
- 2 bay leaves
- ¼ tsp asafoetida
- ¼ tsp turmeric
- 1 tbsp ginger, crushed
- 2 finely chopped green chillis (optional)
- 4 tbsp fresh coriander, chopped

Method

1. Boil the potatoes and peel off the skin. Break them into irregular chunks of 2 cm.
2. In a large wok or a shallow saucepan, heat the oil on a medium low heat.
3. Add mustard seeds and bay leaves. When the mustard seeds crackle, add cumin seeds fol-lowed by asafoetida and allow it to roast for 5 - 10 seconds.
4. Add onions, turmeric, ginger and green chillis(optional). Sauté the mixture for 1 - 2 minutes.
5. Add potatoes, lemon/lime juice and salt.
6. Mix everything well. Sprinkle over the water.
7. Cover the lid. Lower the heat. Simmer the potatoes for 3 - 4, stirring once in between.
8. Give the potato masala a final stir, sprinkle little more water if you prefer it to be runny. Taste for salt and seasoning.
9. Keep it covered and garnish with coriander before serving.

Making the Pooris

To make the pooris, please follow the Poori recipe or the Masala poori(variation).

Notes

This subji is suitable for cooking in advance, and keeping in refrigerator. Sprinkle 2 - 3 tbsp wa-ter and re-heat at 75°C. Garnish with fresh coriander before serving.

