



Know your Onions : Cooking Masterclass Recipes

Spicy potatoes - Sookhe Aloo

Sookhe Aloo (stir-fried potatoes) is really quick and simple to prepare and has a great spicy & tangy taste. This utilitarian dish is very popular in households in North India. My favorite way of serving this dish is along with Puri at breakfast, but Sukhe Aloo is suitable for multiple occasions - as a lunch or dinner accompaniment with Roti/Paratha and dal (lentil curry), during long travel, in kids' lunchboxes, or for picnics.

SERVES 2

Ingredients

300g potatoes, washed and boiled until tender
Approx 10g piece of fresh ginger, washed
2 cloves garlic, peeled
1.5 tbsp water
¼ tsp ground turmeric
½ tsp salt
pinch cayenne pepper
3 tbsp vegetable oil
½ tsp fennel seeds

Method

1. Cut the potatoes into small dice.
2. Grate the garlic & ginger.
3. Add turmeric, cayenne pepper, salt and water and mix.
4. Heat a non-stick frying pan.
5. Add the oil
6. Sizzle the fennel seeds for a few seconds
7. Then add the ginger-garlic paste and fry for 2 minutes
8. Add the potatoes.
9. Stir and fry over a medium-high flame for 5 – 7 minutes until they have a nice golden brown crust.

Raita

An Indian condiment consisting of yogurt, spices, and diced or grated vegetables or fruits

Ingredients

100g yoghurt
A pinch of cumin powder
Approx 20g finely sliced spring onion
¼ tsp sugar
1 tbsp chopped mint leaves and a few small, pretty ones for garnish
Salt and pepper
A pinch of paprika powder for garnish

Method

1. Finely slice the spring onion
2. Chop the mint leaves, holding back a few pretty leaves to garnish
3. Mix the yoghurt with the spring onion, mint, sugar, salt, pepper and cumin
4. Taste and adjust seasoning if necessary
5. Garnish with paprika and mint leaves

Carrot Koshumbir

A crunchy, zesty, raw dish to go with curries

This spiced salad of raw vegetables is known as Cachumber, Kachumber or Kachambar in Southern India and Koshumbir or Koshimbir in Western India. These small side dishes of seasoned raw vegetables can be as simple as chopped onion seasoned with lemon and salt or a complex mixture of many vegetables and fried spices. This one is on the more complex end of the spectrum and is really delicious, it adds a lovely crunch to any meal. Choose your own variety of vegetables, whatever is in season, and feel free to experiment with other spices.

Serves 2-3

Ingredients

100g carrots
15g dessicated coconut
Juice and zest of half a lime
¼ tsp sugar
¼ tsp salt
¼ mild green chilli, deseeded and finely sliced
pinch cumin seeds (toasted)
2 tbsp coriander leaves and stalks, washed and roughly chopped

Method

1. Scrub, top and tail (cut off the tops and bottoms of the carrots)
2. Heat a frying pan without any oil and add the dessicated coconut. Keep a very close eye on it, as the coconut will start to brown after a few seconds. Use a spatula to move around the pan so that it toasts evenly. When it is nicely browned, pour into a bowl.
3. Finely grate the zest of the lime. Then cut it in half to squeeze out the juice.
4. Grate the carrots coarsely
5. Mix with everything else
6. Taste and season

Kale Koshumbir

Serves 3

Ingredients

150g kale, washed and very finely shredded
20g dessicated coconut, toasted pale golden brown (or 50g fresh grated coconut)
Juice and zest of ½ lime (washed)
½ tsp sugar
¼ tsp salt
2 tbsp oil
A pinch of mustard seeds
4 curry leaves

Method

1. Heat a frying pan without any oil and add the dessicated coconut. Keep a very close eye on it, as the coconut will start to brown after a few seconds. Use a spatula to move around the pan so that it toasts evenly. When it is nicely browned, pour into a bowl.
2. Mix the kale with the salt, lime juice and zest, sugar, toasted coconut.
3. Heat the oil in a small pan or wok.
4. When it is hot add the mustard seeds.
5. As soon as they start to pop, add the curry leaves.
6. Remove from the heat after 30 seconds and add to the kale.
7. Taste and season.
8. Transfer to a serving dish.

