

Cauliflower Potato and Peas Fry

Ingredients

1 small head of cauliflower cut into diced sized florets
1 potato peeled and cubed
1 medium onion chopped
1 teaspoon garlic chopped
1 teaspoon ginger grated.
2 plum tomatoes chopped
1 cup of green peas
1 green chili chopped (optional) will add some more spice
1 teaspoon chili powder
1 teaspoon turmeric powder
1 teaspoon cumin seeds
1 teaspoon coriander powder
1/2 teaspoon garam masala (a spice powder that is a combination of cloves, cinnamon and cardamom and black peppercorn) used as a flavor enhancer in many Indian dishes.
1/2 cup of cilantro for garnish.
2 tablespoons of any cooking oil
Salt to taste.

Method

Heat oil in a large frying pan or wok, on a medium fire add the cumin seeds till they sputter about a 1/2 a minute, add chopped onion, green chili (optional for more spice) and ginger, sauté till translucent, add chopped garlic, sauté till you can smell it about a minute. Add the potatoes and fry for lower fire about 5 minutes or till almost cooked,

Next add all 4 powders and sauté for half a minute

Next add tomatoes sauté another 5 mins add salt and simmer on a low fire

Separately cook the cauliflower florets in minimum water just enough to cook till almost done, about 5 mins add the peas to the cauliflower and boil till done about a min. Save the water

Add cauliflower and peas to the potato and add some of the cooked water enough to finish the cooking, simmer another 5 minutes, the consistency is a thick sauce. Add additional saved water if the vegetables need further cooking.

Add cilantro for garnish and check salt,

Served with Chapatis or Naan bread or rice



