

Aloo Gobi

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour

Step 1: Starting the Dish

- 2 tbsp non-dairy butter or oil
- 1 tsp whole cumin seeds
- 2 onions, diced
- sea salt, to taste
- 3 cloves garlic, finely minced
- 2 tsp ginger, finely minced
- 2 to 3 green chilies, or to taste, finely minced*
- 1/8 tsp asafoetida (optional)
- 2 lrg potatoes, peeled, cut into 1/2-inch pieces
- 1 cauliflower (3 or 4 cups), cut into medium-sized florets

To start the dish, first toast the cumin seeds. To do this, heat a large Dutch oven, or fry pan, over medium-low heat. Once hot, add the butter (or oil), followed by the cumin seeds. Let cook for about 30 seconds—just long enough to bring out their aroma—and then add the onions and a good pinch of salt. Let cook for 30 to 40 minutes, or until the very soft and translucent.

In the meanwhile, go ahead and prepare the rest of the ingredients.

*Note: For the chilies, use either a Thai green chile, jalapeño or serrano pepper. Depending on how hot you like your food, you can either remove the seeds first or leave them in. That being said, this dish is not overly spicy.

Once the onions are very soft, add the garlic, ginger, chilies and asafoetida and cook for another minute or so.

Step 2: Gathering & Adding the Spices

- 2 tsp ground coriander
- 2 tsp turmeric powder
- 3/4 tsp Kashmiri chile powder, or to taste
- 1 tsp garam masala powder, or to taste
- 1 tsp Kitchen King Masala powder
- 2 tsp dried fenugreek leaves (kasuri methi), crushed

The next step is to add the spices. Evenly coat the onions mixture with the spices and let cook for 30 seconds or so.

*Note: Kitchen King Masala, also known as “all-purpose masala”, as well as all of the other spices, can be found in any Indian store, or they can be ordered online.

If you do not have a particular spice—like Kashmiri chile powder, for instance—you could use regular chili powder. You could also simply omit a spice, if you don't have it; however it is important to note this will change the flavor profile and complexity of the dish. Also note that even the amounts of the spices used can be adjusted according to your taste. For example, masala is an ingredient where the amount added is often adjusted, according to the cook's taste.

Step 3: Adding the Vegetables & Finishing the Dish

- juice from 1 whole lime
- 1/2 bunch fresh cilantro, or to taste

At this point, add the potatoes and stir well to coat them in the onion/spice mixture. Let the potatoes cook for 5 to 10 minutes, or until they are about half to three quarters of the way cooked. Stir frequently, to ensure they do not burn—if needed, add a touch of water.

Next, add the cauliflower and mix well to evenly coat the pieces with the spices. Then cover and let cook for 7 to 10 minutes, or until the cauliflower and potatoes are just cooked through, yet still retain their shape. Again, stir frequently to ensure nothing sticks and/or burns on the bottom—adding a touch more water, if needed.

Ultimately, timing for this dish will depend on how big or small the vegetables were cut and your heat source.

To finish the dish, turn off the heat and add the fresh lime juice and cilantro and taste for seasoning.

This dish goes particularly well with Pilau Rice and crispy Pappadams.