

## Recipe

### AMBAT BATATA

## By

**Bhaktivedanta Hospital – Diet department**



## Ingredients

Potatoes..... 5-6 medium sized  
Curry leaves..... 3 medium sized  
Fresh coriander leaves.... ¼ medium bunches  
Green chilies..... 3  
Oil..... 3 tbsp  
Mustard seeds..... ½ tsp  
Cumin seeds..... 1 tsp  
Turmeric powder..... ½ tsp  
Yogurt..... ½ cup  
*Kokum*..... 4-5  
Coconut (scraped)..... ¼ cup  
Salt..... To taste  
Lemon juice..... 2 tsps

## Preparation

1. Wash, boil, cool and peel potatoes. Halve each potato and further cut each half into four equal pieces. Wash and pat dry curry leaves.
2. Clean, wash and finely chop coriander leaves. Remove stems, wash and finely chop green chilies.
3. Heat oil in a pan, add mustard seeds, and let them crackle. Add cumin seeds and stir-fry briefly. Add curry leaves, green chilies and stir.
4. Add turmeric powder, potatoes and stir-fry for one to two minutes. Stir in yogurt, *kokum*, half of the chopped coriander leaves and half of the scraped coconut, salt and lemon juice. Reduce heat and simmer for one to two minutes.
5. Garnish with remaining chopped coriander leaves, remaining scraped coconut and serve hot.

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