

Recipe

AMRAS KE MALAI ALOO

By

Bhaktivedanta Hospital – Diet department



Ingredients

Baby potatoes.....	20-25
Oil.....	3 tbsp + to deep fry
Green chilies.....	2
Ginger.....	¼ inch piece
Watermelon seeds.....	1 tsp
Muskmelon seeds.....	1 tsp
Yogurt.....	¾ cup
Saffron.....	a few strands.
Fresh cream.....	2 tbsp
Caraway seeds (<i>shahi jeera</i>).....	1 tsp
Green cardamoms.....	3-4

Cloves.....	3-4
Turmeric powder.....	¼ tsp
Red chili powder.....	½ tsp
Ripe mango pulp.....	1/3 cup
Salt.....	To taste
<i>Garam masala</i> powder.....	1 tsp

Grind

Caraway seeds (<i>shahi jeera</i>).....	¼ tsp
Green cardamoms.....	2
Peppercorns.....	6-8
Cloves.....	2-3

Preparation

1. Wash and scrub potatoes under running water. Prick them with a fork.
2. Heat sufficient oil in a *kadai* and deep-fry them along with the skin till golden. Drain on a kitchen towel and keep aside.
3. Remove stems, wash and slit green chilies. Peel, wash and grind ginger to a smooth paste. Lightly roast watermelon seeds and muskmelon seeds and grind to a paste using a little water. In a bowl whisk yogurt and keep aside. Dissolve saffron in fresh cream and keep aside.
4. Heat three tablespoons of oil in a pan, add *shahi jeera*, green cardamoms, and cloves. When they change color add green chilies and sauté for three to four minutes.
5. Add ginger paste and sauté for two minutes. Add yogurt, melon seeds paste, turmeric powder, red chili powder and stir-fry till oil separates from the *masala*. Add half a cup of water and mix well.
6. When water comes to a boil add mango pulp, fried potatoes and salt. Stir well.
7. In another pan roast *shahi jeera*, peppercorns, green cardamoms and cloves and grind to a powder.
8. Add *garam masala* powder, saffron dissolved in fresh cream to the gravy and simmer for a couple of minutes. Adjust seasoning.
9. Add freshly ground *masala* and lemon juice and stir. Serve hot with *parathas*.

For further details please contact

vaidehi_nawathe@sify.com, indrayani.h@gmail.com

www.iskcondesiretree.com

**Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare**