Baby Potatoes in Tomato-Yogurt Sauce (Dum Aloo)

by Anand Lila devi dasi

"Krishna is very kind. Therefore, He has given us his remnants of food stuff"

Ingredients

25 baby potatoes of walnut size & peeled
Ghee/oil for deep frying (optional)
1 Tbsp.....ghee/oil
½ Tsp.....asafetida powder
2 bay.....leaves
1.5 inch .....cinnamon stick
4.....whole cloves
3 .....green cardamom pods, bruised
1½ Tbsp.....ginger paste
3 .....green chilies, chopped
½ Tsp.....turmeric powder
2 Tsp.....cumin powder
2 Tsp.....garam masala
7-8 .....tomatoes, peeled and finely chopped
2 Tsp.....salt
150 ml .....water
250 ml .....yogurt
2 Tbsp .....chopped fresh coriander leaves

Preparation :

1. Boil the potatoes until half cooked. Pat dry and using a toothpick pierce each potato.
2. Heat ghee/oil in a deep-frying pan and deep fry the potatoes in batches until golden brown. Drain on paper towels. If desired, you can skip this step of deep frying and proceed to the next step.
3. In a saucepan, heat 1 Tbsp of ghee/oil over moderate heat; sprinkle asafetida, then add the bay leaves, cinnamon, cloves, cardamom and sauté until it darkens a few shades. Add the ginger and chilies and fry for 1 minute. Add the spice powders, tomatoes and salt. Cook until the tomatoes break down and turn pulpy.
4. Add the potatoes, water and cook covered over low heat for 15-20 minutes. Whisk the yogurt in a bowl until smooth and add to the simmering sauce. Cook for another 5-10 minutes. Serve hot garnished with fresh coriander leaves.

Serves : Four-Five

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