

Spicy Balti Potatoes

Printed from Potato Recipes at <http://www.potatorecipes.net/>

A delicious Indian inspired potato dish that is a hearty and tasty addition to your weeknight dinners. Potatoes are sauteed with chilies and heavily spiced for a simple dish that bursts with flavor. Look for the spices in the Ethnic Food section of the grocery store or at your local supermarket, and enjoy the new and exciting flavor of this dish!

Ingredients:

6 medium sized potatoes, cut into thin slices
1 tbsp curry powder
3 cloves garlic, minced
2 medium onions, sliced thin
1 red chili, seeded and minced
1 green chili, seeded and minced
3 tbsp olive oil
1 tbsp chopped coriander
1 tsp dried red chili, crushed
1/2 tsp coriander seeds
1/2 tsp mixed onion, mustard and fenugreek seeds
1/2 tsp fennel seeds
1/2 tsp fresh ginger root, shredded

Directions:

1. Heat oil in a large, heavy bottomed skillet until very hot.
2. Lower heat and add cumin seeds, garlic, ginger, fennel seeds, fenugreek seeds, mustard, onion, dried red chilies and curry. Stir fry for approximately 1 minute.
3. Add onion and cook for 5 minutes or until the onions are golden brown.
4. Add potatoes, coriander, and fresh red and green chilies and mix well. Cover tightly with a lid and cook over very low heat for approximately 5-7 minutes or until potatoes are tender.
5. Remove the lid and transfer to a serving plate. Serve immediately.

Author: Catherine Herzog