

Kashmiri Dum Aloo

Ingredients:

18 small sized potatoes, with skin	½ tsp of cardamom powder	A generous pinch of clove powder
Olive oil to deep fry	1 tsp of dry ginger powder	A pinch of asafetida
5-6 dried Kashmiri chilies	2 tbsps of fennel powder	Salt to taste
2 cups of lowfat yogurt	1 tbsp of mustard oil	½ tsp of roasted cumin powder
		½ tsp of garam masala powder

Method:

1. Peel and prick the potatoes all over with the help of a fork. Keep in salted water for 15 mins. Heat oil in a kadai and fry the potatoes on medium flame till golden brown. Make a paste of dried Kashmiri red chilies.
2. Whisk the yogurt with Kashmiri red chili past, cardamom powder, dry ginger powder and fennel powder.
3. Heat mustard oil in a pan. Add clove powder and asafetida. Add half a cup of water and salt and bring it to boil.
4. Stir in the yogurt mixture and bring it to a boil. Add fried potatoes and cook till the potatoes absorb the gravy and oil floats on top.
5. Serve hot, garnished with freshly roasted cumin powder and garam masala powder.

Serves: 4

Preparation time: 30 minutes

Nutrition Information (per serving):

Calories: 307

Protein: 7.9 gms

Carbohydrate: 33.1 gms

Total Fat: 15 gms

Monounsaturated fatty acids: 9.4 gms

Polyunsaturated fatty acids: 0.8 gms

Sodium: 79 mg

Fiber: 2.25 gms

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This recipe is provided by Prevention & Awareness for South Asians (PRANA), a PAMF wellness program. For more recipes and health information, visit www.pamf.org/southasian.