

DOSA ALOO RECIPE

ACTIVITY WEEK 18

A VERY SIMPLE RECIPE TO SPICE UP THE HUMBLE POTATO

CREATED BY B. HYLTON

- 1. CUT UP YOUR POTATO INTO 1 INCH CUBES AND BOIL. SET ASIDE.**
- 2. IN A PAN OR WOK HEAT ABOUT 3 TABLE SPOONS OF OIL.**
- 3. WHEN THE OIL IS HOT, PUT IN A TEASPOON OF MUSTARD SEEDS, AND A TABLE SPOON OF DRY CURRY LEAVES (BOTH ITEMS AVAILABLE IN ASDA IN THE INDIAN SECTION)**
- 4. AFTER A FEW MINUTES THE SEEDS WILL START TO POP, THEN PUT IN YOUR SLICED ONIONS AND FRY TILL TRANSPARENT. YOU CAN ALSO ADD A CHOPPED UP GREEN CHILLI IF YOU LIKE A BIT MORE SPICE. DON'T OVER COOK THE MUSTARD SEEDS OTHERWISE THEY GO BITTER.**
- 5. ADD 1/4 TEASPOON OF TUMERIC AND SALT TO TASTE EVERYTHING WILL TURN YELLOW.**
- 6. AFTER 2 MINUTES OF COOKING THE TUMERIC THROW IN THE BOILED POTATOES AND KEEP TURNING UNTIL ALL THE POTATOES IN THE PAN ARE COATED WITH THE YELLOW ONION MIXTURE. DON'T WORRY IF THE POTATOES BREAK OR MASH UP, YOU WILL HAVE THE FLAVOUR OF THE CURRY LEAVES, MUSTARD SEEDS AND TUMERIC.**

ENJOY WITH A PIECE OF CHICKEN OR COLD MEAT.

INSTEAD OF POTATOES YOU CAN USE SHREDDED WHITE CABBAGE.

TRY THIS, IT IS SIMPLE AND TASTY!