

Aloo Gobi (Indian Cauliflower, Potato, and Peas) Serves 6-8

I've seen several recipes for this vegetarian dish, but no two have been the same. So feel free to modify this any way you like. It can be made mild, very spicy, or anywhere in between. It's a good source of protein, fiber, and flavor and it's an inexpensive (about \$1/serving) dish that only requires one pot! I'd like to say this is my grandmother's recipe, but as far as I know, my grandmother never ate Indian food in her life.

Several spices can be purchased from Penzey's Spices (www.penzeys.com). They have great cinnamon and a lot of salt-free spice blends. We have no financial ties with Penzey's or any other companies.

Ingredients (change any of them to suit your tastes)

Potatoes (red, yellow, or russet): 1-1 ½ pounds cut into bite-size pieces

Cauliflower: One small-medium head cut into bite-size pieces

Garbanzo beans (chick peas): 1 can rinsed. Preferably low-sodium or organic

Cumin seeds (whole seeds): 1 tsp

Kala Jeera: 1 tsp (available through Penzeys Spices)- great fragrance

Mustard seeds: 1 tsp

Garam Masala (medium spicy) or Balti Seasoning Blend (mild): 1 tsp (Penzeys)

Ground black pepper: ½ tsp

Patak's Indian Seasoning paste: 1-2 tsp (available in most supermarkets)- range from mild to spicy blends

Canola or vegetable oil: 1 tbsp

Frozen peas: 8 oz

Heat a 5 or 6 quart pot over a medium flame. Two minutes after you begin to heat the pot, put in the cumin seeds, kala jeera, and mustard seeds. Stir or swirl them around every minute until they are fragrant (about 3-4 minutes). Add the canola oil and grind in some black pepper. Add the potatoes and garam masala. Stir every minute until the potatoes begin to brown.

Add the Patak's paste with about 2 oz of water and stir. Add the cauliflower, garbanzo beans, and another 2 oz of water and stir. Cover the pot for 5-6 minutes, stirring once during that time. Add the frozen peas, stir, cover for another 3 minutes and serve. Goes well with basmati rice.