



Baby Potatoes & Peas in a Creamy Masala Curry Recipes

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INGREDIENTS FOR MASALA

- 1 large onion
- 4 – 5 cloves of garlic, minced
- 1 inch piece of minced ginger (approx. 1 Tbs)
- 2 medium tomatoes, chopped
- 2 – 3 Tbs grapeseed or extra virgin olive oil (you can also use ghee)
- 1 tsp turmeric powder
- 1 tsp ground cumin
- 1 tsp garam masala
- ½ tsp hot chili powder or cayenne
- ½ tsp smoked paprika (optional)
- 1 tsp salt
- 1 cup of water

INGREDIENTS FOR CURRY

- 2 cups creamy roasted pepper or tomato soup (or coconut milk)
- 1 cup water
- 3 cups sliced baby potatoes
- 3 cups frozen peas
- Handful chopped cilantro (optional)

MASALA METHOD

STEP 1 Heat oil on medium heat. Add garlic and ginger, sauté for 3-4 minutes to lightly brown it before adding the onion.

STEP 2 Add onion, cook for 13 – 15 minutes until the mixture turns golden brown and nicely caramelized, stirring in between to prevent it from sticking to the bottom. Add a sprinkle of water any time it starts sticking to the pot.

STEP 3 Add chopped tomato, cook until it breaks down and blends in with the onion mixture (3 – 4 minutes).

STEP 4 Put masala mixture into blender along with 1 cup of water. Blend until smooth. Pour back into pot.

STEP 5 Add spices (turmeric, ground cumin, garam masala, chili powder, smoked paprika, salt). Stir to infuse the spices into the creamy mixture. (Note: I don't like to add spices into my blender. That's why I add them in the pot after the masala is blended)

Note: Once your masala is ready you can use it right away or put it away in the fridge (for up to 3-4 days) to finish making the dish later.

CURRY METHOD

STEP 6 Now add the chopped potatoes. Cover and simmer for 8 to 10 minutes, stirring a couple of times to prevent masala from sticking to the bottom. Add the second cup of water and 2 cups of your creamy soup of choice (or coconut milk). Cook for another 15 minutes, ensuring that the potatoes are softened by piercing with a fork.

STEP 7 Now add the frozen peas. Simmer 5 more minutes to cook the peas. Remove from heat and add the chopped cilantro.

Serve with your choice of rice, quinoa, roti or naan.