Potato and Peas Curry

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From the kitchen of: **Ajay Nair**  
assistant professor horticulture

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**Potato and Peas Curry**

**INGREDIENTS:**

- 3 tablespoons oil
- 1 teaspoon cumin seed
- 1 onion, chopped
- ¼ teaspoon turmeric powder
- 1 teaspoon minced fresh ginger
- 1 teaspoon minced fresh garlic
- ½ teaspoon chili powder (for medium spicy)
- ½ teaspoon coriander
- 1 tomato, diced
- 3 medium potatoes cut into bite-sized pieces
- ½ cup peas
- ½ cup water
- Salt to taste
- ¼ bundle cilantro leaves

**DIRECTIONS:** Heat oil in pan and add cumin seeds. When the seeds sputter, add onions and sauté for two to three minutes. Add turmeric powder and the minced ginger-garlic. Sauté these for about four to five minutes. Once the onions caramelize, add chili powder and coriander powder; sauté again for couple of minutes to cook the spices. At this point add the diced tomato. Cook the tomato for five minutes and then add bite-sized cubed potatoes and peas. Mix thoroughly and add ½ cup of water. Close the lid and cook for four to five minutes, check to ensure that potatoes are soft and cooked. Once the potatoes are cooked, add salt and cook for two to three minutes with lid open. Finally garnish with freshly cut cilantro leaves. Serve with rice or flat-bread. Serves two.

“This dish is a team effort: I cut the vegetables while my wife Pradeepa does the cooking.”