

Aloo Chat

Aloo Chat (chat means salad) is one of a variety of Indian foods served at any time of the day, to satisfy and stimulate the appetite.

SERVES 4

INGREDIENTS

125 g/4 oz/generous ½ cup chick-peas (garbanzo beans), soaked overnight in cold water and drained
 1 dried red chilli
 500 g/1 lb waxy potatoes, boiled in their skins and peeled
 1 tsp cumin seeds
 1 tsp black peppercorns
 2 tsp salt
 ½ tsp dried mint
 ½ tsp chilli powder
 ½ tsp ground ginger
 2 tsp mango powder
 120 ml/4 fl oz/½ cup natural yogurt
 oil for deep frying
 4 poppadoms
 Cucumber Raita (page 234), to serve



- 1 Boil the chick-peas (garbanzo beans) with the chilli in plenty of water for about 1 hour until tender. Drain.
- 2 Cut the potatoes into 2.5 cm/1 inch dice and mix with the chick-peas (garbanzo beans) while they are still warm. Set aside.
- 3 Grind together the cumin, peppercorns and salt in a spice grinder or with a pestle and mortar. Stir in the mint, chilli powder, ginger and mango powder.
- 4 Put a small dry saucepan or frying pan (skillet) over a low heat and add the spice mix. Stir until fragrant then immediately remove from the heat.
- 5 Stir half of the spice mix into the chick-peas (garbanzo beans) and potatoes, and stir the rest into the yogurt.
- 6 Cook the poppadoms according to the pack instructions. Drain on plenty of paper towels. Break into bite-size pieces and stir into the potatoes and chick-peas (garbanzo beans). Spoon over the spiced yogurt and serve with the cucumber raita.

Step 1



Step 2



Step 4

