

allrecipes

## Alicia's Aloo Gobi

★★★★☆

This is hands down the easiest and most delicious curry I have ever made. It's **my own personal twist** on Aloo Gobi, a **traditionally dry** Indian dish consisting of potatoes and cauliflower. The coconut milk adds the extra sauciness; my favorite part of curry. Serve with basmati rice or, better, with breads such as roti, naan, or pita.

By Alicia

**Prep:** 10 mins**Cook:** 1 hr 20 mins**Total:** 1 hr 30 mins**Servings:** 4**Yield:** 4 servings

### Ingredients

- ¼ cup olive oil
- 1 medium onion, chopped
- 1 tablespoon minced garlic
- 1 teaspoon cumin seeds
- 1 (15 ounce) can diced **tomatoes**
- 1 (15 ounce) can **coconut milk**
- 2 tablespoons ground coriander
- 1 tablespoon salt
- 1 tablespoon ground turmeric
- 1 tablespoon cayenne pepper
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon ground cardamom
- 3 large Yukon Gold potatoes**, peeled and cubed
- 1 medium head cauliflower**, chopped into bite size pieces
- 1 (15 ounce) can garbanzo beans**, drained
- 2 tablespoons garam masala

### Directions

#### Step 1

Heat oil in a large pot on medium-high heat and add onion. Cook until softened, about 4 minutes, then stir in garlic and cumin. Continue to cook until onion begins to brown.

#### Step 2

Stir in tomatoes and coconut and the coriander, salt, turmeric, cayenne pepper, cinnamon, ginger, and cardamom. Stir until mixture begins to boil, then put in the potatoes, cauliflower, and garbanzo beans. Blend well. Reduce heat to low and cover.

#### Step 3

Simmer until the potatoes are tender, 45 minutes to an hour (this will depend on the size of the potato chunks). Sprinkle in the garam masala, stir, and cook for an additional 5 minutes.

### Nutrition Facts

**Per Serving:** 622 calories; protein 13.1g; carbohydrates 64g; fat 39.2g; sodium 2172.4mg.

This was a good recipe. The next time I make it, I will not add the garam masala. As the dish cooked, it smelled great, just like traditional Aloo Gobi, up until I added the garam masala. The masala overtook the rest of the flavors and altered the dish. I also used only half the required cayenne and still found it way too spicy. Otherwise, a tasty dish.

This was really good... like Alicia I love a saucy curry and though Aloo Gobi is meant to be a dry curry I liked this wetter version a lot. I can't put my finger on it but there was something missing from this recipe. It was really good and I will make it again and play with the spices a bit (definitely cut back the garam masala and the cayenne too if you don't want it too hot!). I think I may saute the spices next time with the onions and garlic maybe that will bring out their flavor more? The heat of the cayenne seems to overpower the other flavors here. I also agree that the full can of coconut milk is a bit much it probably does only need half unless you like it really wet/saucy. Overall we really enjoyed

Excellent with a ton of flavour! As many others commented I scaled the cayenne WAY back used only 1 teaspoon - I can't imagine what a full tablespoon would taste like pretty sure it would completely overwhelm this recipe! I also used ground cumin as I didn't have any seeds and then only used about two thirds of the can of coconut milk and about one tablespoon of the garam masala at the end (also as other reviewers noted). Very yummy and great for leftovers:)

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