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# Gobi Aloo (Indian Style Cauliflower with Potatoes)

★★★★☆

This is a basic Indian dish that is very tasty! Adjust the spices to your preferences! To make it even better, you could add a bit of stewed tomatoes.

By SHAHZADI

mic: double spices  
this recipe does not have onion or tomato

**Prep:** 15 mins**Cook:** 20 mins**Total:** 35 mins**Servings:** 4**Yield:** 4 servings

My family and I thought this was delicious. I added about 1/3 cup half and half like another reviewer and also 1 can of diced tomatoes and the remainder of a bag of peas. Tasted great. The only change I would make would be to add the garam masala just about 5 minutes before it's done cooking otherwise it makes the dish taste a little bitter. A little lemon juice can cure the bitterness though!



Mark P

★★★★☆ 08/02/2006

A tasty and flavorful restaurant-quality dish. Don't listen to some of the other reviewers: some did things to make a sauce/gravy; this dish isn't supposed to have a gravy. (Look at the picture I submitted.) But the concerns about drying out the potatoes and cauliflower are justified. To solve this, during the times when one is supposed to cook with the pan covered, make sure there is a little water at the bottom of the pan. Every few minutes uncover and add a little water. This makes sure everything stays damp and steams as it cooks. I found it necessary to steam for an extra 5-10 minutes to cook the potatoes sufficiently. Also, I used 50% more spices than listed. Salt I added to taste "at the end", not where recommended in the recipe. (How would one decide if something tastes right before the vegetables are done cooking?) Finally, I forgot about the cilantro and didn't miss it.

## Ingredients

- 1 tablespoon vegetable oil
- 1 teaspoon cumin seeds
- 1 teaspoon minced garlic
- 1 teaspoon ginger paste
- 2 medium potatoes, peeled and cubed
- ½ teaspoon ground turmeric
- ½ teaspoon paprika
- 1 teaspoon ground cumin
- ½ teaspoon garam masala
- salt to taste
- 1 pound cauliflower
- 1 teaspoon chopped fresh cilantro

## Directions

### Step 1

Heat the oil in a medium skillet over medium heat. Stir in the cumin seeds, garlic, and ginger paste. Cook about 1 minute until garlic is lightly browned. Add the potatoes. Season with turmeric, paprika, cumin, garam masala, and salt. Cover and continue cooking 5 to 7 minutes stirring occasionally.

### Step 2

Mix the cauliflower and cilantro into the saucepan. Reduce heat to low and cover. Stirring occasionally, continue cooking 10 minutes, or until potatoes and cauliflower are tender.

## Nutrition Facts

**Per Serving:** 135 calories; protein 4g; carbohydrates 23.1g; fat 4g; sodium 331.5mg.

I made this according to the directions, but it seemed so dry... I added a small can of coconut milk and a diced tomatoe at the end of the cook time, and then simmered an additional 8 minutes or so. The result was delicious! I think the tomatoe and coconut milk should really be included in the recipe. Also, I used curry and a small amount of cumin instead of tumeric.

I've made this a couple times and it turns out pretty good. I like this recipe because it's not as involved as recipes for aloo gobi in my Indian cookbooks. What is with the coconut milk though? If you want traditional aloo gobi, stop taking one reviewer's suggestion and don't add coconut milk. It's not part of this dish, and if you add it, you're making something completely different, and most likely, something sweet. Mustard seeds are always a great addition and the more cilantro the better, but if you find that it's too dry, add a 1/2 cup of crushed tomatoes and it will be perfect!

This is a very basic version of the traditional Aloo Gobi recipe. I did not find it any drier than other versions of this dish. It is supposed to be very dry; not all Indian recipies are intended to have a sauce!! I found the flavor however to be fairly bland though not disagreeable. This is a minimal recipe that would be good to use on a day-to-day basis not for company. The exclusion of onions is also regrettable since that eliminates a lot of the traditional flavor. the paprika is a little different from other Aloo Gobi versions I have tried but I would probably use less of it and add a little more zing via green chili peppers in my own version.