

Vibrant Cauliflower and Potatoes

1 pound russet or Yukon Gold potatoes, peeled, cut into 1 inch cubes, and submerged into a bowl of cold water to prevent browning.

2 Tablespoons of canola oil

2 Tablespoons ginger paste (grated ginger in a bit of water)

2 Tablespoons garlic paste (grated garlic in a bit of water)

2 teaspoons coriander seeds, ground

2 teaspoons coarse kosher or sea salt

1 teaspoon cumin seeds, ground

1 teaspoon cayenne

¼ teaspoon ground turmeric

¼ cup fried onion paste (mashed caramelized onion)

4 Tablespoons tomato paste or two small pureed tomatoes

1 pound cauliflower, cut into 2-inch florets

1 teaspoon Punjabi garam masala

2 Tablespoons finely chopped fresh cilantro leaves and tender stems

Drain the potatoes and pat dry with paper towels

Heat the oil in a large saucepan over medium heat. Add the potatoes, the garlic and ginger pastes. Cook, stirring, until the potatoes have barely browned and a thin honey-brown layer of paste coats the bottom of the pan, 8 to 10 minutes.

Sprinkle the coriander, salt, cumin, cayenne, and turmeric over the potatoes, and stir-fry to cook the spices, about 30 second. Then add 1 ½ cups water, the Fried Onion Paste, and the tomato paste. Scrape the bottom of the pan to release the browned bits of potatoes and spices. (The potatoes themselves will not brown as much).

Add the cauliflower, stir once or twice, and bring to a boil. Then reduce the heat to medium-low, cover the pan, and simmer, stirring occasionally, until the potatoes and cauliflower are fork-tender, 25 to 30 minutes.

Stir in the Punjabi garam masala and cilantro and serve.

Tip: You can substitute a 1-pound bag of frozen cauliflower florets; there's no need to thaw them before you add them to the recipe.

