

POTATO VINDALOO CURRY



Cooking Time: 45 min

Prep Time: 70 min

INGREDIENTS

- 1 tbsp. cumin seeds
- 1 tbsp. coriander seeds

- 6 cardamom pods
- ½ tsp. cloves
- ½ tsp. ground turmeric
- 1 tsp. paprika
- 1 tsp. ground cinnamon
- 2 tbsp. vegetable oil
- 2 large shallots
- ½ tsp. brown mustard seeds
- ½ tsp. oregano
- 20 curry leaves
- 2 tbsp. freshly chopped ginger
- 1 red chilli, finely chopped
- 3 ripe tomatoes, peeled and roughly chopped
- 50 ml apple cider vinegar
- 400 ml water
- 1 Tbsp. Sugar
- Sea salt, to taste
- 800 g waxy potato, peeled and cut into 2.5cm dice
- 2 small red peppers, cored and cut into 2 cm dice
- Fresh coriander, to serve

INSTRUCTIONS

1. Dry-roast the cumin, coriander and cardamom in a small frying pan until they

- begin to pop. Transfer to a pestle and mortar, add the cloves and work with a pestle to a fine powder, discarding the cardamom skins once the seeds are released. Add the turmeric, paprika and cinnamon. Set aside.
2. Heat the oil in a large, heavy-based pot. Add the shallots, mustard seeds and oregano, and sauté on a medium to high heat for 10 minutes, or until the shallots brown. Stir in the curry leaves, ginger, chilli and ground spices, and cook for another three minutes.
 3. Add the tomatoes, vinegar, water, sugar and some salt, bring to a boil and leave to simmer, covered, for 20 minutes. Add the potatoes and peppers, and simmer for another 20 minutes.
 4. Now add the sweet potatoes, make sure all the vegetables are just immersed in the sauce (add more water if needed) and continue cooking, covered, for about 40 minutes, or until the potatoes are tender. Remove the lid and leave to bubble away for about 10 minutes, to reduce and thicken the sauce.
 5. Serve hot with plain rice and garnished with the herb leaves.

TIP:

The longer the curry sits, the deeper and richer the flavor! Make this the day before serving and allow to cool naturally.