

Aloo Bodi

Easy · Vegan · ± 4 people · 40 min

Aloo is potato, bodi is bean. This is an everyday dish from the Indian home kitchen. No tomato, cream or nuts go into it.

Asafoetida, called hing in India, is a yellow powder that smells fierce in the jar. Once it hits hot oil it takes on a flavour somewhere between onion and garlic. Half a teaspoon is enough. Available at an Indian grocer.

The dish is vegan.

Spiciness. This is the amount of chilli as it is used in India. For a milder dish, use half the Kashmiri chili powder. There are no green chillies in it. The rest of the recipe stays the same.

Tip. If the potatoes stick to the pan, add a splash of hot water and let them carry on cooking. Do not use cold water, it stops the frying.

Ingredients

Everything together

- 3 tbsp mustard oil
- ½ tsp asafoetida (hing)
- 1½ tsp cumin seeds
- 2 cloves
- 2 medium onions, thinly sliced
- 2 garlic cloves, finely chopped
- 3 medium potatoes, sliced
- ¾ tsp salt
- 400 to 500 g green beans
- ½ tsp turmeric
- 1 tsp Kashmiri chili powder
- 2 tsp ground coriander
- ½ tsp garam masala
- juice of half a lemon

Method

1. Heat a pan with 3 tbsp mustard oil. Once the oil is hot, add ½ tsp asafoetida, 1½ tsp cumin seeds and 2 cloves and let them crackle.
2. Add the onions and fry over medium heat until translucent. Keep stirring. Depending on the heat and the moisture in the onions this takes 5 to 10 minutes.

3. Add the finely chopped garlic and stir for about 2 minutes.
4. Put the sliced potatoes in the pan with $\frac{3}{4}$ tsp salt and mix well. Let them cook until nearly done. If anything catches, add a splash of hot water.
5. Once the potatoes are nearly done, add $\frac{1}{2}$ tsp turmeric, 1 tsp Kashmiri chili powder, 2 tsp ground coriander and $\frac{1}{2}$ tsp garam masala. Mix well and fry 5 to 7 minutes, stirring throughout. If the spices threaten to burn, another splash of hot water.
6. After 5 to 7 minutes you will see the oil separate again. Now add the green beans and fry over medium-high heat until cooked, about 10 minutes. Keep stirring.
7. Turn off the heat and squeeze over half a lemon. Good with roti or chapati.