

Two Potato Vindaloo

from “Plenty” by Yotam Ottolenghi

serves 4

8 cardamom pods	1 Tbs cumin
1 Tbs coriander	½ tsp cloves
¼ tsp ground turmeric	1 tsp paprika
1 tsp ground cinnamon	2 Tbs vegetable-oil
12 shallots or small onion, chopped	½ tsp brown mustard seed
2 Tbs chopped fresh ginger	3 ripe tomatoes, roughly chopped
¼ cup cider vinegar	1 ¾ cups water
1 Tbs sugar	1 red chile, finely chopped
1 ½ cups peeled waxy potatoes, cut into 1” cubes	2 small bell peppers, cut into 1” cubes
2 ½ cups peeled sweet potato cut into 1” cubes	mint or cilantro leaves to serve

Dry-roast the cardamom pods and cumin and coriander seeds in a small frying pan over medium heat until they begin to pop. Transfer to a mortar and pestle or food processor and add the cloves. Work to a fine powder, removing and discarding the cardamom pods once the seeds are released. Add the turmeric, paprika, and cinnamon and set aside.

Heat up the oil in a large heavy pot. Add the shallots or onions with the mustard and sautee on a medium low heat for 8 minutes, or until the shallots brown. Stir in the spice mix, ginger, and chile and cook for a further 3 minutes. Next, add the tomatoes, vinegar, water, sugar, and some salt. Bring to boil, then leave to simmer, covered for 20 minutes.

Add the potatoes and bell pepper and simmer for another 20 minutes. For the last stage, add the sweet potatoes. Make sure all the vegetables are just immersed in the sauce (add more water if needed) and continue cooking, covered, or 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. Serve hot, with plain rice and herbs.