

Sukhe Aloo (Sautéed Potatoes With Amchur)

Serves 6

Neela Paniz adapted this recipe from one of her mother's. The amchur contributes to a good crust on the potatoes, but if you don't have it use a squeeze of lemon or lime for acid. Using the higher amounts of serranos and cayenne will result in a very spicy dish. Serve with Sindhi Choo-sas (see recipe).

1½ pounds fingerling potatoes
2 tablespoons vegetable oil
Pinch asafetida (also known as hing), optional (see Note)
1 teaspoon cumin seeds
1 teaspoon coriander seeds, lightly crushed
½ -inch piece ginger, peeled and cut into thin slivers
1 or 2 green serrano chiles, halved lengthwise
2 tablespoons ground coriander
½ to 1 teaspoon cayenne
½ tablespoon amchur (dried mango powder (amchur)
1 teaspoon kosher salt
Chopped cilantro leaves, for garnish

Instructions: Boil potatoes until done; drain and cool.

Cut each potato into half lengthwise. Heat oil in a large skillet over medium heat. Add asafetida, cumin seeds, coriander seeds, ginger and green chiles, skin side down. Sauté until the chiles' skin blisters.

Add potatoes, stir to combine, then add the ground coriander, cayenne, amchur and salt, stir to distribute the spices. Reduce heat to low, make sure the potatoes cut side are down, cover and cook for about 5 minutes.

Remove the cover, raise the heat to high and cook the potatoes for about a minute more to crisp a bit. Garnish with cilantro.

Per serving: 120 calories, 3 g protein, 15 g carbohydrate, 5 g fat (0 g saturated), 0 mg cholesterol, 360 mg sodium, 2 g fiber.

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