Aloo Mattar, Jeera Rice and Roti 2 to 3 servings

Aloo Mattar

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| Ingredients | Method |
| * 1/4 cup (60 mL) onion, finely chopped * 1 1/2 tsp (7.5 mL) ginger, minced * 1 1/2 tsp (7.5 mL) garlic, minced * 3 Tbsp (45 ml) crushed tomatoes * 4 tsp (20 mL) oil * 1 large potato, diced * 1/2 cup (125 mL) green peas * 1/2 tsp (2.5 mL) cumin seeds * 1/2 tsp (2.5 mL) red chili powder, or to taste * 1/2 tsp (2.5 mL) turmeric powder * 1/2 tsp (2.5 mL) garam masala * 2 cups (500 mL) water, plus more as required * 1 Tbsp (15 mL) cilantro, chopped (optional) * 1/2 tsp (2.5 mL) salt, or to taste | 1. Heat oil in a medium saucepan on medium heat. Add cumin and let it sit until it begins to crackle. (Cumin burns easily. This step takes only a few minutes, so watch closely.) 2. Add chopped onion and sauté until it is a light golden colour. Add ginger and garlic and sauté until it starts to change colour. 3. Add tomato puree and sauté for two minutes. Add chili powder, garam masala, turmeric and salt. 4. Sauté until oil begins to separate from the mixture. If the mixture starts to stick to the pot, add a few spoonfuls of water. If it is still sticking, you may need to turn down the heat. 5. Add potatoes and peas. Sauté for 1-2 minutes. 6. Add water. Stir well and cover the pot. Turn the heat up to medium-high and simmer until potatoes are cooked, about 20 minutes. Check periodically by piercing the potatoes with a fork. You may need to add a little more water if it looks a bit dry. 7. Stir in chopped cilantro. Serve hot with roti or rice. |

Jeera Rice

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| Ingredients | Method |
| * 1 tsp (5 mL) oil * 1/2 tsp (2.5 mL) cumin * 1/2 cup (125 mL) basmati rice * 1/4 tsp (1 mL) black pepper * 1/2 tsp (2.5 mL) salt * 1 cup (250 mL) water | 1. Heat the oil in a small saucepan. Add the cumin seeds and sauté for a few seconds. 2. Add the rice to the saucepan and stir-fry for 1-2 minutes. 3. Add water, salt and pepper. Boil over high heat. 4. Once the water comes to a boil, cover the saucepan and turn the heat down to low. Cook until all of the water is absorbed. Do not stir or mix, as this will break the rice. 5. Let sit covered for 5 minutes. 6. Fluff with a fork and serve hot. |

Roti

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| Ingredients | Method |
| * 1 cup (250 mL) whole wheat flour * 1/4 to 1/2 cup (60 to125 mL) water, or as needed * All-purpose flour, for dusting | 1. In a medium mixing bowl, slowly add water to the flour until it comes together. Knead the dough until it feels smooth, soft and pliable. If it feels hard/tight, add a little water and knead again. If it feels too sticky or soft, add a bit more flour. 2. Cover with a damp cloth and let sit for at least 15 minutes. 3. Divide dough into 4 parts. Roll into balls with no cracks. 4. Flatten each ball with the palm of your hand, and then roll it in all-purpose flour until it forms a circle 5-6 inches across. Make sure the dough is even and thin. If it is uneven or thick, it won’t puff up. If it starts sticking, dust with some more flour. 5. Heat a flat-bottomed skillet on medium-high heat. Make sure the skillet is hot enough before you place the roti in it. To test, put a pinch of flour in the skillet. If the flour turns brown within 15-20 seconds, the skillet is hot enough. 6. Dust excess flour off the rolled roti and place it in the hot skillet. 7. Let the roti cook until you see some bubbles on the top, about 15-30 seconds. Flip the roti. (The first side shouldn’t be cooked too much.) 8. Cook the other side until it has nice brown spots (more than the first side). 9. Flip again (so the first side is now at the bottom), and press the roti with a paper towel, cotton cloth or spatula. The roti will puff up. 10. Flip again to cook the first side a little more. 11. Remove from the heat and eat warm with aloo mattar. |