

Sweet Potato Fry Recipe | Sakkarivalli Kizhangu Poriyal – Indian Style



I love sweet potatoes because they taste so good and high in nutritional content. This sweet potato roast (Chinni Kilangu poriyal) is a very easy to make side dish for [sambar rice](#) or [dal rice](#). To make this sweet potato fry, first you have to steam the sweet potatoes, peel the skin, slice and fry it with sambar powder & garlic, finally in cast iron pan,

slowly roast it in oil. Slow roasting the sweet potatoes, always gives a nice crispy texture on outside and soft and tasty on inside. Adding spice powder, garam masala and garlic gives a nice flavor and taste to the sweet potato. This sweet potato stir fry Recipe|Sakkarivalli kilangu poriyal goes well with [rasam rice](#) / [curd rice](#). Also check my other potato recipe [BABY POTATO ROAST](#) in my blog.



Ingredients

- 2 Sweet Potatoes, Medium Size
- 2 Big Garlic Cloves
- 1 Tsp of Sambar Powder
- 1/2 Tsp of Garam Masala
- 1/2 Tsp of Fennel Seeds (Sombhu)
- 1.5 Tbsp of Cooking Oil
- 1/2 Tsp of Salt or to taste

Method

- Wash the sweet potatoes and steam it in a steamer or idly cooker for 12 mins or until it turns soft. After it done, peel the skin and chop them into thin, circular slices.
- Crush the garlic in a mortar and pestle.
- Heat a pan with oil, when it is hot, add fennel seeds, after it sizzles, add sliced sweet potatoes, give a gentle stir, by flipping the slices to other side.
- In a medium flame, add crushed garlic, sambar powder, garam masala and salt, give a quick stir, do not break the slices, make sure the masala coats all the sweet potatoes pieces. Cover the lid and cook it for 5 mins.
- Take handful of water, sprinkle it over the veggies, turn the potato slices to other side, cover the lid and cook it for another 7 mins until it turns brown and crisp.
- Yummy sweet potato fry is ready to serve with [sambar rice](#) or [dal rice](#)

Tips

- If you don't have sambhar powder, add 2 tsp of coriander powder, 1/2 tsp of turmeric powder and 1 tsp of red chilly powder.
- If you don't have coriander powder and red chilly powder, replace it with cayenne pepper and black pepper powder.
- Always cook in cast iron pan / irumbu kadai to get crispy roasted potatoes.
- You can also marinate the potatoes in masala for 15 mins and then cook it.
- Adding curd gives little tangy taste to the potatoes.
- Adding garlic is to avoid gas flatulence.

<http://foody-buddy.blogspot.com/2013/08/baby-potato-roast-urulaikilangu-varuval.html#lqWUjV1l07EUdQve.99>

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- Always roast the potatoes in cast iron pan / irumbu kadai to get crispy roasted potatoes.
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- Adding garlic is to avoid gas flatulence.

Health Benefits of Sweet Potato

- High in vitamin A, B6, D and C.
- Good Source of iron and magnesium.
- Superior fiber content than other potatoes.
- Rich in beta carotene & antioxidants.
- Good for heart.



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