

Aloo Gobi Masala / Potato Cauliflower Curry



This simple and delicious dish are made from potato and cauliflower. You can make aloo gobi in different ways, but this is a way I do it at home. I got this recipe from my friend..You can also do the same recipe without onion and garlic. The spices and masala added makes curry more flavorful and tasty. It can be served with naan, phulka, paratha or jeera rice. I had with coconut paratha, it tasted so good.

Ingredients

1 Large Yellow Potato, Diced
1 Small Cauliflower, 10 Florets
1 Large Onion, Finely Chopped
2 Large Tomato, Finely Chopped
1 Tsp of Ginger Garlic Paste
2 Tsp of Coriander Powder
1 Tsp of Red Chilly Powder
1/4 Tsp of Turmeric Powder
1/2 Tsp of Garam Masala
1 Tsp of Dried Methi Leaves
1 Tsp of Cumin Seeds
1 Tsp of Mustard Seeds
1 Tbsp of Oil / Butter
Salt to Taste
Water as needed
Few Coriander leaves with stems

Method

- **Wash and peel the potato skin, cut the potato into big pieces.**
- **Wash the cauliflower florets in hot tap water or soak it in hot water with salt for 10 mins. Drain the water and wash it in tap water.**
- **Heat oil in a pan, add mustard and cumin seeds, after it splutters, add chopped onion, fry for 1-2 mins until it turns golden brown.**
- **Add ginger garlic paste, fry for 2 mins until raw smell goes off.**
- **Add chopped tomato and coriander stems, fry until it turns soft and mushy.**
- **Add coriander powder, red chilly powder & turmeric powder, fry in medium heat until raw smell goes off.**
- **Add cleaned cauliflower florets, potato pieces, garam masala and salt. Fry well with masala for 2 mins. Add 1/4 Cup of water, cover the pan and cook in medium flame for 10 mins. Stir in between for even cooking.**

- Now take out the lid, check whether the potato are boiled properly, add dried fenugreek leaves, mix well with veggies, add some more water, cover the pan and cook it for another 2 mins.
- Finally add chopped coriander leaves, mix well. Check the salt and turn off the flame.
- Aloo gobi is ready. Serve with [paratha](#) or phulka or naan or [jeera rice](#).



Tips

- You can do the same recipe without onion and garlic instead add hing and ginger.
- For aloo gobi mutter, add peas by following the same

recipe.

- **Add amchur powder instead of tomato for a tangy taste.**
- **Add green chilly for a extra spicy taste.**
- **Always soak and clean the florets in hot water with salt before cooking because of pesticides and small worms in it.**

Healthy Benefits of Potato and Cauliflower

Potato

- **Rich source of carbohydrates, fibers, vitamins and minerals.**
- **Good for brain function and digestion.**
- **Increase body weight because of carbohydrates in it.**
- **Good source of calcium and magnesium, so it helps to reduce rheumatism.**

Cauliflower

- **Excellent source of antioxidants.**
- **Anti-inflammatory properties.**
- **Protect against cardiovascular and cerebrovascular disease.**
- **Clean your digestive system.**
- **Good source of vitamin B and minerals.**



[Coconut Paratha / Coconut Flat Bread](#)

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Coconut Paratha is absolutely delicious...It features whole wheat flour, coconut and a variety of aromatic spices. This paratha is a treat to your eyes and to your taste buds..because of coconut flavor in it. When I left the dough to sit for 1 hr, you don't believe , whole kitchen smells so aromatic...My husband really loved it. It is raining everyday in my place, so I thought to eat something hot and filling. When I did some google search, I came up with this idea..I got this recipe from [here](#). we had with aloo gobi and onion raita..Try this flavorful paratha recipe and enjoy...



Ingredients

- 1 Cup of Whole Wheat Flour, I used Aashirvaad Multigrain flour**
- 2 Tbsp of Dry Coconut Flakes**
- 1 Tsp of Cumin Powder**
- 1/2 Tsp of Red Chilly Flakes**
- 1/4 Tsp of Turmeric Powder**
- 1/2 Tsp of Salt**
- 1 Tbsp + 1 Tsp of Vegetable / Canola Oil**
- 1/2 Cup of Warm Milk**
- Ghee / Butter / Oil for brushing**

Serving : 5 Paratha

Method

- **In a big wide bowl, mix all the ingredients except milk.**
- **Make a well in the center. In the meantime, boil the milk in microwave for 1 min.**
- **Now slowly add warm milk in the centre of the bowl. Mix**

thoroughly with a fork or by hand to get a smooth dough. I took 1/2 cup of warm milk to knead the dough.

- Now the dough is ready. Cover and let the dough rest for 1 hour.
- Again knead the dough and divide into equal portions and make it into round balls.
- Heat tawa or pan. In the meantime lightly grease the rolling surface with flour. Take one ball and make it circular with a rolling pin.
- Carefully place the paratha on the heated pan. You will see tiny bubbles rises on the surface of paratha.
- Now it's time to flip the paratha with a spatula. Once first flip is done, apply oil or ghee on the upper surface and spread all over the paratha.
- Flip again in 30 secs and apply butter or ghee or oil. Press paratha gently with a spatula and cook till brown spots appear on both the sides of the paratha.
- Coconut Paratha is done when both sides are brown and crispy. Remove it from pan and place it in serving dish.
- Repeat the same process with each ball of dough.



Tips

- **Serve hot paratha with onion raita or aloo gobi or pickle or any side dish like**

[Aloo Palak](#)

[Baingan Bharta](#)

[Navratan Korma](#)

[Rajma Masala](#)

- **You can add grated vegetables to make it more nutritious.**
- **If you dough is dry, you can add some more oil or milk.**
- **If you want more spicy, you can increase the quantity of red chilly flakes.**
- **If you don't get dry coconut flakes, use fresh coconut..**
- **Use butter to brush the paratha instead of oil for a rich taste.**

Health Benefits

Wheat Flour

- It contains healthy carbohydrates, fats and protein, antioxidants and vitamin E
- High in fibers results in boosting the metabolic rate.
- Reverse the weight gaining process.
- Reduce cholesterol, high blood pressure and cardiovascular disease.
- Reduce the risk of type 2 diabetes and breast cancer.

Coconut

- Excellent source of Immunity.
- Good source of antioxidants, vitamins and minerals.
- Good for skin, hair, bones and teeth.



Vegetable Dum Biryani Recipe

Pin it



Biryani originated in Persia and derived from the farsi word " Birian ". Dum biryani is a rice based dish made with rice, vegetables and spices. The variety of rice used in biryani dish is long grain rice. In this dish, rice and vegetable gravy are cooked separately and then brought together and layered, cooked on dum (slow heat) resulting in a dish with full of aroma and flavors. Mainly the rice and spices which gives wholesome aroma to the biryani.

Ingredients

- 1 Cup of Basmati Rice**
- 1 and 1/2 Cup of Water**
- 1 Large Onion, Finely Chopped**

1 Medium Size Tomato, Finely Chopped
2 Tsp of Ginger Garlic Paste
3 Green Chillies
1 Big Carrot, Finely Chopped
1/4 Cup of Green Bell Pepper (Capsicum)
1/4 Cup of Mushroom, Finely Chopped
1/4 Cup of Peas
1/4 Cup of Beans
2 Tbsp of Curd / Yogurt
1 Tsp of Coriander Powder
3/4 Tsp of Red Chilly Powder
1 Tsp of Garam Masala
7-10 Mint Leaves
Few Coriander Leaves
Few Cashew Nut, to top
1 Tbsp of French Fried Onion
Salt to taste

To Temper

2 Tbsp of Oil
2 Tsp of Ghee
2 Cloves
1 Cinnamon Stick
1 Cardamom
1 Bay Leaves
1 Star Anise

Method

For the rice (Stove top method)

- **Soak the basmati rice for 1/2 hour.**
- **In a heavy bottomed pan, add rice and water, bring it to a rolling boil, turn the heat to low. Cover the pan with a lid. Cook it for 10 mins until the rice is tender and water has evaporated. Turn off the heat and fluffly rice**

is ready.

To make the vegetable curry

- Heat oil and ghee in another pan, add cloves, cinnamon, cardamom, bay leaves and star anise, fry for a min.
- Add ginger garlic paste, green chillies and mint, fry for 1-2 mins until raw smell vanishes.
- Add chopped onion and salt, saute this for 1-2 mins until it turns golden brown color.
- Add chopped tomato, saute this for a min.
- Add all vegetables (carrot, beans, peas, capsicum & mushroom), coriander powder, red chilly powder and garam masala, saute this for 2 mins.
- Add thick curd, mix well with the vegetables. Sprinkle some water and cover the pan with a lid, cook it for 3-4 mins in a medium flame. Check the salt. Once it done, switch off the stove.

Dum the biryani

- Take a heavy bottomed vessel, add 1 tsp of ghee, first layer the white rice on the bottom of a pan. Spread it evenly. Then layer the vegetable curry on top of the rice, spread it evenly.
- Repeat this process with rice and vegetable gravy. Finally sprinkle some cashews, french fried onions, mint and coriander leaves over the rice.
- Now cover the pan tightly and dum (pressurize) it for 15 mins in medium low flame. Mix well all the ingredients and serve hot.



- **Serve with onion raita or any gravy of your choice or potato chips or pickle.**



Tips

- **You can sprinkle saffron + milk to the top of the rice while making dum, gives nice color to the dish.**
- **You can add chopped potatoes, cauliflowers and panner to this recipe.**
- **If you want more tangy side, add lemon juice.**
- **If you don't get french fried onions, you can also deep fry the onions at home.**
- **You can make this biryani either in stove top or oven or pressure cooker.**



Health Benefits of Vegetables

- Vegetables are home for antioxidants.
- Vegetables are packed with soluble and insoluble fibers.
- They are rich in vitamins and minerals.
- Spices like cinnamom has anti microbial property and controls sugar levels.
- Cardamom good for heart burn and increases blood circulation.
- Cloves good for teeth pain, boosts metabolism and immune system.