Mushroom Potato Fry / Kalan Urulai fry (Indian Style)



Mushroom potato fry is a simple and tasty vegetarian side dish. I used baby bella mushroom and yellow potato in this stir fry. You can use any variety of mushroom and potato

available in your market. This easy mushroom potato fry is one of my favourite side dish and it goes very well with sambar rice / rasam / curd rice or any variety rice. I served this Kalan Urulai fry with lemon rice, a wonderful combo. These mushrooms stir fry not only goes well with rice but can be served with chapathi too.

Also check my other Mushroom Recipes

- mushroom 65
- mushroom rice
- Mushroom biryani
- Mushroom Manchurian
- Mushroom Idly fry
- Mushroom soup
- soya chunks mushroom curry
- black eyed peas with mushroom
- mushroom sandwich
- stir fry with asparagus and mushroom

How to make Mushroom Potato Fry at home

Ingredients for Mushroom Potato Fry

Preparation Time: 10 mins Cooking Time: 7 mins Serves: 2

- 1 Medium Size Potato, Chopped
- 4 Baby Bella Mushroom, Chopped
- 1/4 cup of Red Onion, Chopped
- 2 Tsp of Curry Powder (I used Madras curry powder)
- 1/2 Tsp of Red Chilly Powder
- Pinch of Garam Masala
- Salt to taste
- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1/2 Tsp of Urad Dal
- 1/4 Tsp of Fennel Seeds
- Few Curry Leaves

Method for Mushroom Potato Fry

- Wash and chop the mushroom, onion and potato.
- Heat a pan with oil, add mustard seeds, urad dal, fennel seeds, curry leaves, after it splutters, add onion, fry for 2 mins.
- In a high flame, add mushroom, potato, curry powder, red chilly powder, garam masala and salt, fry well for 3-5 mins. Sprinkle some water and fry well for a min and turn off the heat.
- Hot, yummy mushroom potato fry is ready to serve with rice or roti.

Tips

- If you don’t have curry powder, add 2 tsp of coriander powder, 1 tsp of red chilly powder and 1/2 tsp of turmeric powder.
- You can follow the same recipe by using different vegetables.
- Make sure to stir the veggies continuously to avoid burning or sticking to the pan.
- Adjust the amount of red chilly powder according to your taste.



Tags: mushroom fry, mushroom potato fry, mushroom potato stir fry, potato mushroom recipe, mushroom recipe, kalan fry, kalan urulai fry, make mushroom potato fry, prepare mushroom potato fry, mushroom fry south indian, easy mushroom fry, side dish for rice

Potato Fry / Urulaikizhangu Varuval / South Indian Potato Recipe



Potato fry or Easy South Indian Urulaikizhangu (potato) fry or

aloo fry is a simple and quick stir fried recipe made with potato. This easy potato curry goes well with sambar rice or rasam rice or curd rice. I have two other posts of potato side dish recipe – Baby potato roast and potato peas fry. In this recipe, I used sambar powder instead of coriander and red chilly powder. Then the addition of fspices like fennel seeds and garlic gives a nice flavor and a great taste to potatoes. This is very tempting dish in which each bite of potato, you can feel the softness on inside and spicy masala coat on outside. I already posted baby potato roast. Serve this fry along with a bowl of rice topped with ghee and dal,.

Ingredients

- 4 Medium Size Potatoes
- 2 Tsp of Sambar Powder
- 1/2 Tsp of Garam Masala
- 2 Garlic Cloves
- 1/2 Tsp of Fennel Seeds
- Salt to taste
- Water as needed

Method

- Boil the potatoes along with required water in a kadai (Pan) or in a pressure cooker. Peel the skin of potatoes and chop them into small pieces.
- In a mixie, grind fennel seeds and garlic cloves into a semi coarse powder. Keep it aside.
- Heat a pan with oil, add chopped potatoes, ground masala, sambar powder, garam masala and salt. Keep frying till all the masala coat well the potatoes, sprinkle little water, cover the lid, in a medium flame, allow it cook for 5 mins, again give a gentle stir, cook it for another 5 mins until it gets roasted well. Switch

off.
- This easy potato curry goes well with sambar rice or rasam rice or curd rice.

Tips

- If you don't have sambar powder, use 2 Tsp of coriander powder, 1/2 Tsp of turmeric powder and 1 Tsp of red chilly powder.
- You can follow the same procedure for raw banana and colocasia.
- Always fry the potatoes in a medium flame.
- Temper with mustard seeds and curry leaves, if you wish.
- Adding garlic is to avoid gas flatulence.
- Always cook in irumbu kadai or cast iron pan to get roasted potatoes.

Health Benefits of Potato

- Easy to digest and facilitates digestion.
- High in vitamin B, C and minerals.
- Good for skin and brain function.
- Rich in carbohydrates and low in protein, ideal for people who wants to increase their body weight.
- Reduces inflammation.


http://foodybuddy.net/
Vrulaikizhangu Fry