



Indian Spiced Potato "Aloo Gobi" Extravaganza+Sweet Cilantro Rice+Fruitful Mango Chutney

By Dylan Sabuco

Prep Time 25 / Cook Time 35 / Serves 4 - 6

Shopping List

FRESH OR FROZEN

2 medium russet potatoes **** (see allergy subs below) ****

2 C fresh or frozen cauliflower

4 green onions

3 garlic cloves

1/4 C cilantro (about 1/3 bunch) + extra for garnish

2 fresh mangoes or 1 1/2 C frozen mango chunks

PANTRY

1/4 C sunflower seed butter, like SunButter brand (budget option: coconut milk-based yogurt or other dairy-free/nut-free yogurt)

1 10-oz can diced tomatoes

1 T vegetable oil

2 tsp curry powder

3/4 tsp red pepper flakes (1/2 tsp optional)

salt and black pepper, to taste

1 C instant white rice

1/4 C granulated sugar

HAVE ON HAND

- 2 C water

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

simmer: to cook a food gently, usually in a liquid, until softened.

chop: to cut something into small, rough pieces using a blade.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

steam: to cook food by heating it in the steam from boiling water.

chop: to cut something into small, rough pieces using a blade.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

smash: to break up food into smaller pieces or squash food to flatten or soften it.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

Equipment

- Small saucepan with lid
- Liquid measuring cup
- Dry measuring cups
- Cutting board + kid-safe knife
- Fork or wooden spoon for stirring
- Measuring spoons
- Large mixing bowl
- Wooden spoon
- Large pot
- Can opener
- Ladle

- Large bowl or pitcher
- Wooden spoon or potato masher

Ingredients

Indian Spiced Potato "Aloo Gobi" Extravaganza

- 2 medium russet potatoes ******(for NIGHTSHADE ALLERGY sub sweet potatoes or zucchini)**
- 2 C fresh or frozen cauliflower
- 2 green onions
- 1/4 C sunflower seed butter, like SunButter (budget option: coconut milk-based yogurt or other dairy-free/nut-free yogurt)
- 1 10-oz can diced tomatoes
- 1 C water
- 1 T vegetable oil
- 2 garlic cloves
- 2 tsp curry powder
- 1/2 tsp red pepper flakes, optional
- 1 big pinch salt
- 1 big pinch ground black pepper
- 2 to 3 T cilantro, optional garnish

Sweet Cilantro Rice

- 1 C water
- 1 C instant white rice
- 1/4 C cilantro (about 1/3 bunch)

Fruitful Mango Chutney

- 2 fresh mangoes or 1 1/2 C frozen mango chunks
- 2 green onions
- 1/4 C granulated sugar
- 1 pinch red pepper flakes
- 1 garlic clove

Food Allergen Substitutions

Indian Spiced Potato "Aloo Gobi" Extravaganza

Nightshade: Substitute sweet potatoes or zucchini for russet potatoes.

Sweet Cilantro Rice

Fruitful Mango Chutney

Instructions

Indian Spiced Potato "Aloo Gobi" Extravaganza

intro

Namaste (NAH-ma-stay)! (A formal greeting in some parts of India.) "Aloo Gobi" is a delicious curry made by simmering spiced and diced potatoes in a flavorful broth. This curry will fill your entire kitchen with aromas that will make you drool. The best part is that all you have to do for this recipe is toss all your ingredients into a pot and start building and layering the flavors together. Enjoy!

chop + measure + stir

Start off by mincing **2 garlic cloves** and chopping **2 medium russet potatoes, 2 cups cauliflower** (fresh or frozen), and **2 green onions** into a large dice. Add all the ingredients to a large bowl with **1 tablespoon vegetable oil, 2 teaspoons curry powder, 1/2 teaspoon red pepper flakes** (optional), **1 big pinch of salt**, and **1 big pinch of black pepper**. Stir a few times to get all the veggies coated.

sauté + stir + simmer

Place a large pot on a burner over medium heat and let it heat up for a few moments. Then, pour all the chopped veggies, coated with the oil and spices, into the pot. Sauté the mixture for 8 minutes, stirring as often as you like. While the mixture sautés, open **1 can diced tomatoes** and measure **1/4 cup sunflower seed butter**. After 8 minutes of sautéing, add **1 cup water**, the tomatoes, and sunbutter to the pot. Simmer for 15 minutes on medium low heat.

chop + serve

While the "aloo gobi" simmers, chop a few handfuls or **2 to 3 tablespoons of cilantro** as an optional garnish. Pour ladlefuls of the "aloo gobi" over Sweet Cilantro Rice (see recipe) and top with a little dollop of Fruitful Mango Chutney (see recipe).

Sweet Cilantro Rice

measure + simmer

Measure **1 cup of water** and pour it into a small saucepan over medium high heat. Add **1 cup of instant white rice** when the water is boiling. Reduce the heat to medium low and cook, covered, for 3 minutes.

fluff + season + serve

While the rice is cooking, chop **1/3 bunch of cilantro leaves** finely. Remove the lid from the saucepan and add the cilantro leaves. Using a fork or wooden spoon, stir **1 pinch of salt** into the rice and cilantro. Serve alongside Indian Spiced Potato "Aloo Gobi" Extravaganza (see recipe) or another main dish.

Fruitful Mango Chutney

chop + measure + simmer

Roughly chop **2 fresh mangoes or 1 1/2 cups frozen mango chunks, 1 garlic clove,** and **2 green onions**. Then, add those to a small saucepan over medium heat. Meanwhile, measure **1/4 cup sugar, 1 pinch of red pepper flakes,** and **1 pinch of salt** and add them all to the saucepan. Stir a few times, then cover. Allow the mixture to simmer for 5 minutes.

smash + cool

Remove the mixture from the saucepan and place it in a large bowl or pitcher. Using a wooden spoon or potato masher, kids can smash the mango mixture until everything is the consistency of chunky ketchup, but made from mangoes. Taste and adjust seasoning as needed. Cool for a few minutes before serving on Indian Spiced Potato "Aloo Gobi" Extravaganza with Sweet Cilantro Rice (see recipes). Or chill overnight for a cool spread on avocado toast in the morning.

Featured Ingredient: Potato!

Hi, my name is Spud! That's my nickname, though. I'm actually a Potato!

"I'm sometimes a bit dirty because I grow down in the soil, but I clean up just fine. You may notice I sometimes have 'eyes' on my skin. That's where I sprout so new potato plants can grow. You can use the end of a vegetable peeler or a knife to remove those sprouts unless you're going to plant me! We are versatile, starchy vegetables that you can leave whole, slice, dice, shred, or mash and bake, boil, fry, grill, or roast!"

History & Etymology

Potatoes are the foremost vegetable crop in the world! They are root vegetables native to the Americas. Scientists believe the first potatoes were cultivated about 8,000 years ago by hunters and gatherers near Lake Titicaca—high in the Andes mountains, on the border between Peru and Bolivia.

Those first farmers obtained the cultivated potato by domesticating wild potato plants that grew prolifically around the lake. Over the following millennia, people in the Andes developed potato varieties for growing at different altitudes and in other climates.

In 1532, the Spaniards invaded Peru searching for gold, but they took a different treasure back to Europe: the potato! Over the next 300 years, the potato became a staple crop in Europe and soon found its way to India, China, and Japan. China now grows the most potatoes worldwide.

The potato has been a staple ingredient in the German diet since the 17th century when King Frederick was known to give seeds to citizens and demonstrate how to plant them for food.

Famines occurred in the mid-1700s, and people in Germany realized the importance of potatoes because they could be grown in harsh environments.

Where are most of the potatoes produced in the United States? In Idaho! Approximately one-third of all potatoes in the US are grown there.

The potato was the first vegetable grown in outer space!

President Thomas Jefferson was the first person to serve french fries in the United States (in 1802 in the White House).

Potatoes are so popular that a plastic toy called "Mr. Potato Head" has been sold by Hasbro since 1952. Initially, they sold it as separate parts, like eyes, ears, mouth, hats, etc., that could be attached to an actual potato with pushpins. Due to too many ruined potatoes and new safety rules, in 1964, Hasbro added a plastic potato body with holes to insert the plastic body parts and clothing. The toy was the first to be advertised on television.

The English word "potato" comes from the mid-16th century from the Spanish "patata," which may have been a hybrid of "batata" (sweet potato) from the extinct Taíno language and "papa" (potato) from the Quechua language.

Anatomy

Potatoes are tubers and are members of the Nightshade family, which also includes tomatoes, eggplants, peppers, and tobacco.

The potato plant has a relatively short lifespan of anywhere from 80 to 150 days, determined by the variety of the potato. Furthermore, according to the International Potato Center in Peru, there are more than 4,000 varieties, with most found in the Andes Mountains!

Potatoes do not grow from seeds like other vegetables and fruits. Instead, they grow from "seed potatoes," which sprout and form roots underground.

During its first stages of life, sprouts form from the eyes of the primary tuber. First, farmers prepare the earth by tilling it in rows that form ridges. Next, they remove stones from the soil to help the potatoes grow in uniform, oval shapes. Then, the seed potatoes are planted and covered with dirt for protection.

Seed potatoes are planted in the Spring so that the warmth from the sun can stimulate the plants to grow. First, roots form from the seed potatoes, and new shoots reach up through the soil toward the warm sun. Soon, green leaves grow on the shoots, establishing the potato plants. Then roots spread underground in the earth, and the potatoes grow from these roots. Potatoes are relatively easy to grow, even in harsh environments.

How to Pick, Buy, & Eat

Choose potatoes that are smooth, plump, free from blemishes, cuts, and decay, and that don't give when

you squeeze them.

Potatoes start getting soft when they go bad, so choose firm potatoes at the grocery store.

Smell potatoes before buying them: they should smell fresh and faintly of dirt since they grow in soil.

Waxy potatoes are best for boiling and steaming, as they contain less starch and won't absorb as much liquid. Examples of waxy potatoes are Yukon gold, fingerling, Carola, LaRette, and Austrian Crescent.

Medium-starch, all-purpose potatoes (red, purple, Onaway, and goldilocks varieties) work well when baked, roasted, fried, and used in soups and gratins.

Russet potatoes are best for frying (such as in hash browns and french fries), as they contain less starch and will get crisper.

Store potatoes in open or hole-punched paper bags (not plastic) to keep air circulating around the potatoes. Plastic bags can trap moisture and cause potatoes to rot quicker. Also, keep the bag in a dark, dry space. Chlorophyll will develop and produce a tell-tale green tinge if you store potatoes in too bright a place. If this happens, a toxic compound called solanine also forms, and it is best to toss any green potato in the garbage.

Nutrition

Potatoes, with their skin, are rich in carbohydrates and a good source of energy. In addition, they have a high content of vitamin C and potassium, and protein that is well matched to human needs.

One cup of cooked potatoes contains 32 percent of the daily value of vitamin B6. This vitamin is a major antioxidant (antioxidants help clear the body of harmful substances). We need B6 for our brains and hearts, helping us learn and focus better, keep our moods up, and keep our brains sharp. Vitamin B6 is also required to make all new cells in the body, which happens every minute of our lives!