

# Alu Matar

## Also Known As

### Potatoes and Peas in Onion-Tomato Sauce

<b>Course</b>	<b>Yield</b>	<b>Type of Food</b>	<b>Main Ingredient</b>
Side Dish	4 servings	Vegetable	Potato

#### Comments

This is a well known dish of the Uttar Pradesh cuisine. It is usually served for special occasions ranging from a wedding buffet to a family picnic. It is delicious with Deep Fried Wheat Bread, a raita and Pumpkin with Onions and Fenugreek.

**Prep Time** **Cooking Time** **Ethnic Origin** Indian

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

Pre-Heat? <input type="checkbox"/> Yes		Temperature	Grease Pan? <input type="checkbox"/> Yes	
Measure	Ingredient		Measure	Ingredient
1.5 lb.	small potatoes		.25 cup	water
2	medium onions		.5 tsp.	garam masala
3	cloves			
1	1/2" piece fresh ginger			
3 Tbs.	vegetable oil			
.25 tsp.	asafetida (asafoetida) powder			
.5 tsp.	cumin seeds			
	sea salt to taste			
.25 tsp.	cayenne pepper			
.5 tsp.	turmeric powder			
2 large	tomatoes, chopped coarse			
1 cup	peas			

#### Instructions

Cook the potatoes until tender.

Peel and set aside.

In a blender or food processor, mince together the onions, garlic and ginger.

In a large heavy-bottomed skillet over medium heat, warm the oil.

Add the asafetida and cumin. When spices darken (1 to 2 seconds) add the minced onion mixture and saute until browned (about 12 minutes).

Add the salt, cayenne, tumeric and tomatoes and cook until they soften (about 5 minutes).

Add the peas and water; reduce the heat to low, cover and cook for 5 minutes.

Halve the cooked potatoes if they seem too large.

Add them to the pan and cook covered for another 5 minutes.

Mix in the garam masala just before serving.