

## Potato Masala

<http://userealbutter.com/2014/02/19/potato-masala-recipe/>

from [\*Healthy South Indian Cooking\*](#) by Alamelu Vairavan and Patricia Marquardt

2 medium russet potatoes, cut in half (I cut them in quarters)  
1/2 tsp turmeric, divided  
1 tsp salt, divided  
2 tbsps vegetable oil  
1/4 tsp asafoetida  
3-4 curry leaves  
1 tsp black mustard seeds  
1 1/2 tsp urad dal  
1 cup onion, diced  
1/2 cup tomato, chopped  
1 green chili, chopped  
1 tbsp fresh ginger, grated  
1/4 tsp cayenne  
1/4 cup cilantro, minced

Place the potatoes, 1/4 teaspoon turmeric, 1/2 teaspoon salt, and enough water to cover the potatoes in a pot over medium heat. Cook for about 20 minutes until the potatoes yield to a fork. Drain the water off, peel the skins off the potatoes, and chop the potatoes coarsely. Heat the vegetable oil in a cast iron skillet or a sauté pan over medium heat. When the oil is hot, add asafoetida, curry leaves, mustard seeds, and urad dal. Cover and fry until the seeds burst (you will hear them pop) and the urad dal has turned golden. Add the onions, tomatoes, chili, and ginger. Fry for a minute. Add the remaining 1/4 teaspoon turmeric, 1/2 teaspoon salt, and cayenne. Stir well. Add the potatoes to the pan and stir (or fold) gently to blend everything together. Cover and cook on medium heat for an additional 2-3 minutes. Season with salt to taste. Mix in the cilantro and serve. Serves 4.