



Pea and Potato Kofta Curry

The Koftas here are balls made from mashed peas and potato, fried and then served in a curry sauce. The chilli content can be varied to suit individual tastes.

Serves : 4

Preparation Time : 30 minutes

Cooking Time : 15 - 20 minutes

Ingredients

1 lb / 450 g frozen garden peas

3 large potatoes, peeled and chopped.

1 tbsp of gram flour (chickpea flour) - substitute with plain flour if necessary

2 cloves garlic

2 tomatoes, chopped

1 medium onion

1 tbsp vegetable oil or ghee

vegetable oil for deep frying

salt for seasoning

Herbs & Spices

1/4 tsp Cumin Seed

1/2 tsp Turmeric

2 tsp Coriander Ground

2 Chillies Whole

1 tsp Poppy Seed

Cooking Instructions

Boil the potatoes in a large pan of water until they are just about cooked. Add the peas and continue cooking until they are done. Drain and then mash together as finely as possible. Add the poppy seeds, the gram flour and some salt for seasoning and mix well. Using your hands, shape the paste into walnut sized balls.

In a pan heat 2 inches of oil. When the oil is hot enough for deep frying (test by adding 1 tsp of potato mixture - it should brown and cook through quickly without burning). Deep fry the koftas in batches, draining on absorbent paper as they are done. Set aside.

Chop the onion and garlic very fine (a food processor is good here). Heat 1 tbsp of oil in a heavy based pan over a medium heat and cook the onion and garlic until starting to brown. Add the remaining spices and the chopped tomatoes. Stir well and allow to cook for 2 minutes, after which add a little water. Continue to stir the sauce and allow it to bubble gently until the tomatoes have disintegrated and the spice smell has mellowed. Add more water to the sauce if necessary during this process.

When the sauce is cooked add the koftas and simmer for a further 2 minutes before serving.