

Kitchen Garden at Collingwood College Term 2- week 6

Recipe: Pan-fried Indian Potatoes

Volunteer notes:

Approximate cooking time once all ingredients are in the pan – 20 mins.
Potatoes will be ready for you to start. The group will prepare the next classes potatoes.

From the garden- Herbs, edible flowers

What to collect	What to do
<p>1 x large pot, colander, measuring scales</p> <p>2kg large potatoes -wash/keep skin on-cut into 2 cm dice</p> <p>2 x Thick bottomed frying pan/egg lifter</p> <p>2kg Pre-Prepared diced potatoes (diced/cooked drained/cooled)</p> <p>XV Olive oil</p> <p>10 bay-leaves</p> <p>2 x tsp grated fresh turmeric</p> <p>Microplaner</p> <p>Small pot with lid</p> <p>3 tsp mustard seeds (any colour)</p> <p>Small pot/wooden spoon</p> <p>4 x clove garlic, skin off, chop finely</p> <p>2 x green chilli, cut in ½ and scrap seeds out-slice, very finely slice.</p>	<p>Each student will prepare some potatoes for the next class. Please put these on to cook before starting the cooking of your groups potatoes.</p> <p>Using pre-prepared potatoes, ensure they are dry ready for frying. In another pan, add oil and gently fry the diced potatoes with bayleaves and turmeric until golden brown and crispy. Set aside in a large bowl until all batches are cooked.</p> <p>In a small pot with a lid, gently fry the mustard seeds for 2 minutes until popping. Add to the cooked potatoes.</p> <p>In a clean pot, gently fry the chilli and garlic in oil until fragrant, tip on-top of the potatoes, mix gently and taste. Check for seasoning (salt & pepper).</p>
<p>Big handful of flat leaf parsley-pick, wash, spin, slice finely</p> <p>½ bunch Coriander, cut off roots, slice finely, wash 3 times & spin dry.</p> <p>Salt flakes/ground pepper</p>	<ul style="list-style-type: none">• Prepare herbs.• Add herbs to mixing bowl of potatoes just before serving and gently stir through.• Serve into 3-4 bowls with spoons.

