

# YSA RETREAT II

*"Our Sindhi Identity"*

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## THE HEAT IS ON!

### Hot Potato! How to Make Masala Patata – Dinesh Aswani

Masala Patata is a great side dish to accompany any meal, especially if you want to add a cultural flare to your menu. The versatility of this dish allows it to be served with breakfast, lunch, or dinner. Quick and easy, this dish suits any busy lifestyle, and makes a potato expert out of anyone. Quality without sacrifice... my kind of cooking.

**Cooking Time:** under 10 minutes

**Serves:** 2 to 4

#### Ingredients:

- 2-3 medium potatoes thoroughly washed.
- 1 medium onion
- 1/4 cup oil or margarine
- Garam Masala / salt / pepper to taste
- 5-10 sprigs of cilantro

#### Method:

1. Prick the potatoes with a fork, which helps cook the potato on the inside.
2. Bake the potatoes in the microwave. If your microwave has a preset "Potato" setting, you can use that. But we **don't** want the potatoes too soft. Generally, when you can sense a strong potato smell take them out - approximately 2-4 minutes depending on the microwave. If you want peeled potatoes, peel after you bake them - not before. The skin holds in the moisture, and microwaving creates steam that actually cooks the potato.
3. Dice the onion and chop the cilantro.
4. After the potatoes are baked, let cool for a minute. Cut them into cubes - be careful, there will be a lot of steam coming out.
5. Heat the oil or margarine in a fry pan - margarine adds a little color to the dish and can appear more appetizing.
6. Stir-fry the onion on medium high heat until translucent.
7. Add garam masala and stir.
8. Add cubed potatoes and stir in - do not use too much pressure as the potatoes will be a little soft, we do not want to cause them to break up until the oil has had a chance to do its thing.
9. Add salt and pepper to taste, top with cilantro.

#### Options:

- **Spicy:** Spice it up by adding crushed garlic (step 8) and chopped green chillies (step 12).
- **Dosa Patata:** for potatoes like the ones used in masala dosa, add mustard seeds (step 7) and replace the garam masala with a pinch or two of tumeric (haldi) powder.
- **Jeera Patata:** add cumin seeds (jeera) to step 7.
- **Sukka Patata:** If you want the traditional sukka patata, just bake the potatoes in the microwave, dice them up and flash fry them in hot oil. Because they are already cooked, you will only need to fry them for a couple of minutes – this way, the potatoes absorb very little oil. Once you take the potatoes out of the oil add your garam masala, salt, and pepper and toss them all together while still hot.