



Aloo gobi Free Recipe 10042025

Description

Recipe

Aloo gobi

This classic cauliflower and potato curry dish is simple and quick to make, but full of complex, spicy flavours. Serve with chapatis or parathas.

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables 3 medium–large floury potatoes (about 500g/1lb 2oz in weight), peeled and chopped into bite-sized pieces 1 large brown onion, finely chopped 2 large garlic cloves, crushed 4cm/1½in piece fresh root ginger, peeled and finely grated ½ chilli, finely chopped, plus extra if desired few sprigs fresh coriander, leaves and stalks separated and both finely chopped (about 1 pinch stalks, 2 pinches leaves, or to taste) 1 small head of cauliflower, cut into small florets Cooking ingredients 1 tbsp vegetable oil 2 tsp cumin seeds 1 star anise 2 tsp sea salt, plus extra if desired 1½ tsp garam masala 1 tsp turmeric Dairy, eggs and chilled 50g/1¾oz unsalted butter <https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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1. onion
2. masala
3. cumin
4. butter
5. salt
6. sea
7. cloves
8. leaves
9. turmeric
10. unsalted butter
11. star anise
12. garam
13. Egg-free
14. fresh root ginger
15. small head of cauliflower
16. Nut-free
17. root ginger
18. head of cauliflower
19. Pregnancy-friendly
20. brown onion
21. cauliflower
22. Vegetarian
23. ginger
24. small cauliflower
25. Aloo gobi
26. potatoes
27. sprigs fresh coriander leaves
28. cumin seeds
29. seeds
30. sprigs fresh coriander leaves stalks
31. garlic cloves
32. piece fresh root ginger
33. large garlic cloves
34. vegetable oil
35. fresh coriander leaves
36. large brown onion
37. sea salt
38. coriander leaves
39. large floury potatoes
40. chilli
41. garam masala
42. floury potatoes

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Date Created

April 3, 2025

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