

Potato/ Aloo raita



Ingredients

Potato/aloo-3nos

Green chilies-3nos

Ginger-2 "piece

Curd - 3cups

Salt to taste

For seasoning

Cooking oil-2tsp

Mustard seeds-1/2tsp

Red chillies-2nos

Asafetida-Chickpea size

Curry leaves-few

Coriander leaves - Handful

Method

Pressure cook Potatoes/Aloo, peel the outer skin when it cools down completely. Mash it into small pieces and keep it aside .Add chopped green chilies, and grated ginger and salt as per the taste. Add curds and mix it well.



Take 2tsp cooking oil,add red chillies and mustard seeds when splutters, add curry leaves, add asafetida just before removing from the fire. Pour this seasoning over the "Aloo Raita". Goes well along with hot rice and chappati .

Omshanthi