

Curried Potatoes

Cooking with California Food

Flavor Profile: Middle Eastern/Indian

Makes 3 wraps.



Ingredients:

- 1/2 lb. any color boiling potatoes or sweet potatoes, washed
- 3 T oil
- 2 T cumin seeds
- 1/2 small onion, diced
- 1 small Serrano chili, cut in half, seeds removed and discarded, then minced
- 1/2 c plain nonfat yogurt
- 1/2 t turmeric
- 1/8 t cayenne pepper
- 1/2 t ground coriander (or coriander seeds ground in mortar and pestle)
- 3 T finely chopped fresh cilantro
- 9 whole cilantro sprigs
- Kosher salt
- 3 large whole wheat wraps, burrito size tortillas, or chapatti

Directions:

Bring a medium pot of water to a boil over medium heat. Add the potatoes and cook 10 to 15 minutes. They should still be firm. Remove from the water and let cool.

In a medium sauté pan over medium heat, heat the oil. When it is hot add the cumin, onion, and chili. Sauté for 3 to 5 minutes, then remove from heat. Fold in potato cubes and turn them to coat with the oil and cumin/onion mixture. In a bowl, mix together the yogurt, turmeric, cayenne, and coriander. Fold the yogurt mixture into the potatoes. Season with cilantro and salt.

Heat a wrap in the oven or on a hot griddle or in hot, dry frying pan. Remove wrap from heat. Place 1/2 cup of the curried potato mixture in the center of the wrap and spread it out into a row. Add several whole cilantro sprigs. Fold two sides over partway so that the body of the wrap is about 3 inches in width. Starting from the bottom, fold the end up about 3 inches. And the turn, or wrap it over and over until you are at the other edge. Place that edge on the bottom.

Makes 3 wraps.

Nutritional info not available at this time.