

POTATO, GINGER AND CORIANDER FILLING

Equipment needed –

Large Saucepan, knives, chopping boards, 2 frying pans, micro plane, measuring spoons and measuring cups.

Ingredients from the Garden –

- 1300 grams of potatoes (about 8)
- 4 onions, diced
- 2 small fresh green chilli
- 4 cm piece of ginger
- 4 tablespoons of fresh coriander

Ingredients from the Pantry –

- ½ cup of oil
- 2 teaspoons of black mustard seeds
- 1 teaspoon of turmeric
- 1 1/3 cup of water

What to do –

1. Cut the cooked potatoes into a 1 cm dice and set aside.
2. Finely chop the chilli and remove the seeds and set aside.
3. Finely dice the onions and set aside and then finely grate the ginger and set aside.
4. Wash and finely chop the coriander and set aside.
5. Measure out ¼ cup of oil and add to the frying pan. Measure out another ¼ cup of oil and add to the second frying pan over a medium heat.
6. Measure out 1 teaspoon of black mustard seeds and add to one of the frying pans. Measure out another teaspoon of mustard seeds and add to the other frying pan. They will start to pop after a few seconds.
7. Add the chopped onions, half in each pan. Stir and cook for 5 minutes until the onions are translucent but not brown.
8. Stir in the chilli and ginger, adding half to each pan. Measure out ½ teaspoon of turmeric and add to the pan. Measure out another 1/2 teaspoon of turmeric and add to the other pan. Add the chopped coriander, half to each pan and cook for 1 minute.
9. Add the diced potatoes, half to each pan and stir through to coat the potatoes with the spices.
10. Transfer the potatoes to a large saucepan and add 1 1/3 cups of water and salt to taste. Cook over a medium heat, stirring often, for 10 minutes or until the water has evaporated and the mixture has thickened
11. Transfer the mixture to 3 serving bowls to serve.

Serves –

- 28 students.