

Potatoes Oven-Roasted with Peppers Recipe

Ingredients: Serves 4

750g potatoes
1 small red pepper
1 small green pepper
4 tablespoons sunflower oil
½ teaspoon black mustard seeds
½ teaspoon cumin seeds
1 teaspoon salt
1½ tablespoons white poppy seeds
1 tablespoon sesame seeds
3-4 dried red chillies, roughly chopped
rice, bread or a main dish to serve

Method:

Preheat the oven to 230°C. Peel and cut the potatoes into 2.5cm cubes. Leave to soak for 10 minutes, then drain and dry with a clean tea towel. Meanwhile, grill the peppers until the skin is charred. You can do this either under a hot grill or on the hob, using a wire rack directly on the gas burner. Turn the peppers regularly in either case. It will take 5-6 minutes for them to char. Place them in a plastic bag for 15-20 minutes. In a roasting tin, heat the oil over a medium heat and add the mustard seeds. As soon as they start crackling, add the cumin seeds, then the potatoes and salt. Increase the heat to medium and fry the potatoes for 3-4 minutes until browned, then place the tin in the center of the oven. Cook for 12-15 minutes. Remove the peppers from the bag and peel away the skin. Remove the pith and the seeds and cut the peppers into 2.5cm cubes. Preheat a small pan over medium heat. When hot, reduce the heat to low and dry roast the poppy and sesame seeds for 45-50 seconds until they begin to release the roasted aroma. Do not allow them to brown. Once cool, grind them in a coffee or spice mill or pestle and mortar. When the potatoes are ready, add the peppers and the ground ingredients. Mix thoroughly and return the oven for 3-4 minutes. Remove and serve immediately.

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