

## Spiced Potato Curry

2 Tbls. Canola oil  
1 Tbls. Cumin Seeds  
1 Tbls. Mustard seeds  
1 Tbls. Minced gingerroot  
4 med. Garlic cloves, minced  
2 lbs. Potatoes, scrubbed and cut into 1-inch lengths or chunks.  
1 med hot pepper, halved, seeded if desired to reduce the heat  
Salt  
2 C water  
1 C frozen peas, thawed  
3 Tbls chopped fresh cilantro leaves  
Cooked brown rice  
Plain yogurt for garnish

Heat the oil in a large sate pan or Dutch oven over med-high heat until shimmering. Add the cumin seeds, mustard seeds, ginger, and garlic and cook, stirring constantly, until very aromatic and the mustard seeds begin to pop, about 1 min. Add the potatoes, chile, 1 tsp salt, and the water and bring to a boil. Reduce the heat, cover, and simmer, stirring once or twice, until the potatoes are tender, about 20 minutes.

In the peas and cook, uncovered, until the peas are heated though and the liquid in the pan has reduced to a thin sauce consistency, about 5 minutes. Remove and discard the chile. Stir in the cilantro and adjust the seasonings, adding more salt if necessary.

Serve the curry in bowls over the brown rice and topped with a large dollop of yogurt.