

## ORANGE-FLESHED SWEETPOTATO MASALA STEW



Photo: V. Atakos (CIP-SSA)

### INGREDIENTS

4 medium orange-fleshed sweetpotatoes

200 gms okra

Corn starch

Salt

2 big onions

40 ml vegetable oil

1tsp Garlic and ginger paste

20 gms Garam masala

1/ tsp Cumin seeds

20 gms Paprika

10 gms Tomato paste

2 Pureed fresh tomatoes

Chili powder

Fresh coriander

40 ml cooking cream

## **METHOD**

- Wash, peel and cube the orange fleshed sweet potatoes
- Briefly boil, drain and set aside
- Halve the okra lengthwise, dust with corn starch and deep fry.
- Drain on absorbent paper.
- Heat the oil in a saucepan and add the cumin seeds till they pop
- Add onions and gently cook to a light brown colour
- Add ginger garlic paste, garam masala and paprika
- Add tomato paste and puree and temper the sauce
- Add the cooked potatoes and okra
- Gently simmer adding a dash of chili
- Finish with cream and fresh coriander.

## **PRESENTATION**

Serve in a soup bowl accompanied by chapatti or garlic bread.