



# Tawa aloo chat



**From Urmila Prabhat – Volunteer Ambassador**

Serves eight people

## Ingredients

### For the base:

1kg (2lb 3oz) large potatoes

2tbsp olive oil for roasting plus extra for frying

### For the powder mix:

1tsp table salt

1tsp powdered dry ginger

1tsp Himalayan black salt (sold as kala namak in Indian shops)

1tbsp paprika (or 1tsp red chilli powder if you prefer more spice)

2tbsp whole cumin seeds

2tbsp garam masala or tandoori masala (both optional)

2tbsp black pepper, freshly ground

### To garnish:

1 sprig fresh coriander leaves and stems, washed and chopped

Juice of three lemons

1 sprig fresh mint leaves, washed and finely chopped

Turn over to read the method...



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## Method:

1. Wash the potatoes and peel if you like. Cut into 2.5cm/1" cubes.
2. Boil the potatoes for 2-3 minutes. Drain and place on a cloth napkin to dry.
3. Heat the oil in a frying pan. Add a few potato cubes at a time and fry on a high setting until they are crisp on the outside.
4. Line an oven tray with kitchen foil and arrange the potatoes in a single layer.
5. Sprinkle the prepared powder mix generously over the potatoes.
6. Sprinkle over half the lemon juice, half the chopped coriander and half the chopped mint. Drizzle with olive oil.
7. Heat the oven to 180°C/350°F/Gas Mark 4. Bake the potatoes for 20 minutes.
8. Remove from the oven and sprinkle over the rest of the lemon juice, chopped coriander and mint leaves. Serve individual portions on side plates with cocktail sticks and a dollop of plain yoghurt.

## Tip:

Taste the powder mix beforehand to check the level of spice.

Find more recipes for your Time for a Cuppa at [dementiauk.org/tfac](https://dementiauk.org/tfac)



# Best ever blondies

From **Time for a Cuppa**



**Hi, I'm Bessie and my daddy got dementia when I was five. My favourite thing to do is bake and I love taking part in Time for a Cuppa and raising money for Dementia UK.**

During lockdown, I created my cookbook called Bessie Bakes, and this is one of the recipes from it – I hope you like it! These blondies are best served warm.

To read more about Bessie's family and how a specialist Admiral Nurse is helping them with her dad's dementia, please see the 'Why your fundraising matters' card in your fundraising pack.

