

TRIPLE SPICED SPUDS (from Cully & Sully)

A dead simple accompaniment to a curry

Serves 4:

4 medium/Large Potatoes

1 tsp whole cumin seeds

1 tsp whole coriander seeds

1 tsp whole fengureek seeds

1/2 tsp chilli/cayenne

1/4 tsp turmeric

1/2 tsp salt

1/2 tsp pepper

2 tbs oil.

Par boil the spuds for 6-8 minutes until half cooked. Drain and allow to cool for a while. Get the whole spices and gently roast them in a small pan for a minute or two. Place into a pestle and roughly crush. You want to release the flavours but still retain texture.



Cut each spud in half length ways, cut into 1cm thick wedges, then half each wedge. Place into a bowl, followed by the crushed spices, turmeric, cayenne and salt and pepper. Mix well. pour over the oil and mix again. Place onto a preheated baking tray and roast for 20mins at 200 degrees. Turn once or twice during cooking.

