

Recipe Name: Bengali Aloo Dum Recipe - Bengali Aloo Dum Recipe

Diet Type:

Course: Main Course

Cuisine: Bengali Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 200 grams small potatoes - boil and remove the skin	4
• 2 tsp turmeric powder	
• 2 cardamom	
• 1 inch cinnamon	
• 2 long	
• 1 bay leaf	
• 1/2 cup tomato puree	
• 1 tsp garam masala powder	
• 1/2 cup yogurt	
• 1 tsp red chilli powder	
• 1 tsp coriander powder	
• 1 tsp sugar	
• salt - as per taste	
• oil - as per use	
• 1 stock green coriander - finely chopped	
• 1 onion - chopped	
• 1 inch ginger - chopped	
• 3 cloves garlic	
• 2 green chillies - chopped	

Preparation

- To make Bengali Aloo Dum recipe, first of all, add onion, ginger, green chilli, garlic and make a paste in a blender.
- Keep it aside.
- Now heat oil in a pan.
- Now add boiled potatoes, turmeric powder, salt and cook till golden brown.
- Now put in a bowl and ke.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	20	8	6

