DietCloud – Recipe

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

Diet Type:

Course: Main Course

Cuisine: Bengali Recipes

Quantity:



Description

Bengali Aloo Dum is a flavorful and iconic spiced potato curry featuring tender baby potatoes simmered in a fragrant, tangy tomato-yogurt gravy. Infused with warming whole spices like cinnamon, cardamom, and cloves, this classic dish offers a harmonious balance of mildly sweet, spicy, and savory notes. It is traditionally served warm alongside puffed luchis or steamed rice, garnished with fresh coriander.
[PROS]
- Potatoes provide a rich source of complex carbohydrates, dietary fiber, and essential potassium for muscle function.
- Yogurt adds bioavailable calcium, gut-friendly probiotics, and helps balance the acidity of the gravy.
- Rich in anti-inflammatory and antioxidant-loaded spices such as turmeric, cinnamon, cloves, and ginger.
[CONS]
- High glycemic index and carb-dense profile may require caution for individuals managing diabetes.
- Can be calorically dense if prepared with generous amounts of cooking oil.
[DIETITIAN REVIEW]
Bengali Aloo Dum is a wholesome and comforting traditional curry that packs micronutrients and antioxidants from a wide spectrum of spices and aromatics. While it delivers excellent energy and potassium, pairing it with whole grains or a lean protein source instead of refined, deep-fried bread can enhance its overall macronutrient balance. Score: 7.5/10

Ingredients

Ingredient	Quantity
• small potatoes (boiled and peeled)	200 grams
• turmeric powder	2 tsp
• green cardamom	2 pods
• cinnamon stick	1 inch
• cloves	2 pieces
• bay leaf	1 piece
• tomato puree	1/2 cup

- garam masala powder 1 tsp

- plain yogurt (whisked) 1/2 cup

• red chilli powder	1 tsp

• coriander powder	1 tsp

DietCloud – Recipe

• sugar	1 tsp

DietCloud – Recipe

• salt	as per taste

DietCloud – Recipe

• oil	as per use

DietCloud – Recipe

- green coriander (finely chopped) 1 stalk

DietCloud – Recipe

• onion (chopped)	1 small

DietCloud – Recipe

• ginger (chopped)	1 inch

DietCloud – Recipe

• garlic	3 cloves

DietCloud – Recipe

• green chillies (chopped)	2 pieces

DietCloud – Recipe

Preparation

• 1.

• Prick the boiled and peeled small potatoes with a fork, rub with 1 tsp of turmeric powder and a pinch of salt, then lightly pan-fry in a little oil until golden; remove and set aside.

• 2.

• Grind the chopped onion, ginger, garlic, and green chillies into a smooth paste using a small blender or mortar and pestle.

• 3.

• Heat a small amount of oil in a pan, add cardamom, cinnamon, cloves, and the bay leaf, letting them sizzle until fragrant.

• 4.

• Add the onion-ginger-garlic paste and sauté over medium heat until the raw smell dissipates and the mixture turns light golden.

• 5.

• Stir in the tomato puree, the remaining 1 tsp turmeric powder, red chilli powder, coriander powder, sugar, and salt; cook until oil starts separating from the masala.

• 6.

• Lower the heat and gradually whisk in the yogurt, stirring continuously to prevent curdling, followed by a splash of warm water to create a smooth gravy.

• 7.

• Add the golden baby potatoes to the gravy, cover with a lid, and simmer on low heat for 8–10 minutes so the potatoes absorb the flavors.

• 8.

• Sprinkle garam masala powder, turn off the heat, garnish with freshly chopped green coriander, and serve hot.

Macronutrients

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