

Bengali Niramish Aloo Dum Recipe

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“*Niramish aloo dum & phulko luchi*” is a breakfast favourite for Bangalis. [Sunrise Aloo Dum Masala](#) allows you to create the nostalgic taste and flavour of this vegetarian dish without figuring out the complex dry spices traditionally used.

Sunrise Fact Check: Aloo was brought to India by the Portuguese in the early 17th century and was introduced by the British in Bengal as a root crop. The origin of Aloo dum was in Kashmir however, Bengal recreated the Aloo dum in its signature way. This is one of the many ways Aloo dum is prepared in Bengal.

Let's Get Started

Ingredients

Aloo - 1 kg
Sunrise Aloo Dum Masala - 2½ tbsp
Tomato - 100g -150g
Gota Kanch Lonka (Green Chillies) - 3-4 pcs
Sliced Ginger - 5-6 pcs
Whole Cashew Nuts - 7-8 pcs
Mogoj Dana (Dried Watermelon Seeds) - 1 tbsp
Sunrise Shahi Garam Masala - ¼ tsp

Sunrise Kashmiri Chilly Powder - ½ tsp
Sunrise Turmeric Powder - 1 tbsp
Shorsher Tel (Mustard Oil) - 150 ml - 200 ml
Whole Bay Leaf - 2 pcs
Tok Doi (Yoghurt) - 2 tbsp
Salt
Sugar

(tsp - teaspoon, tbsp - tablespoon, pcs - pieces)

 **Sunrise tip:** The recipe primarily uses ‘notun aloo’ small whole potatoes. However, if you’re using normal whole potatoes, be sure to dice them into four pieces.

The Prep

- Dice the potatoes into four pieces and coat them using ½ teaspoon of turmeric powder.
- Dice the tomatoes into small pieces.
- Soak the diced tomatoes, whole cashew nuts, green chillies, whole watermelon seeds and diced ginger in a small amount of warm water for 10 minutes
- Blitz the mixture in your mixer grinder to a fine paste.

 **Sunrise tip:** Use a sparing quantity of warm water, otherwise, the mixture will get too runny.

The Cook

- Heat mustard oil in a pan
- Fry the diced potatoes in the hot oil until light golden brown
- Remove the potatoes and set them aside
- Add 2 bay leaves to the hot oil and temper for 30 seconds
- Put the heat to medium and add in ½ tsp of turmeric powder and Kashmiri red chilly powder.
- Keep stirring the dry spices in the oil to stop them from burning
- Add the tomato mixture and stir until the raw smell of the tomatoes disappears.
- Add salt as per taste, along with 2 tbsp of Sunrise Aloo Dum Masala.
- Stir the mixture for two minutes.
- Add the fried potatoes and stir until the mixture coats the potatoes.
- Put the gas oven to its lowest heat setting and add the Yoghurt to the mixture. (ensure that the yoghurt does not curdle)
- Cover and cook on the lowest heat setting for about 15 mins
- Add in the remaining ½ tsp of Sunrise Aloo Dum Masala along with some sugar and stir the mixture one last time.

 **Sunrise tip:** You small quantities of boiling water if you find the mixture getting too dry and begin to stick to the bottom of the pan.

Sunrise Taste Check

Your niramish aloo dum should have sweetness and heat from the chillies. Enjoy this recipe ideally for breakfast with “phulko luchi”