

Masala Brussels Sprouts



Photo Credit Kevin J. Miyazaki

Recipe Courtesy of:

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SERVES 4 • COOK TIME: 45 minutes • PHOTO: page 105

Jyoti Brussels sprouts were unfamiliar to me until I moved to the United States in the 1970s. When I finally got my hands on some, I had a lot of fun experimenting with different Indian-style preparations. This version emerged as one of my favorites, and it has since become a sought-after recipe among my students as well. The sour tang of the dried mango and the creaminess of the potatoes complement the nutty, spice-darkened sprouts marvelously.

No need to peel the potatoes for this one—as with all of our recipes, potatoes should remain unpeeled unless indicated otherwise.

½ cup (80 ml) canola oil

1 tablespoon cumin seeds

1 large russet potato (11 ¼ ounces // 320 g), cubed into 1-inch (2.5-cm) chunks

2 tablespoons ground coriander

1 tablespoon amchoor (ground dried mango, see page 271)

1 teaspoon ground cumin

1 teaspoon salt, plus more to taste

¼ teaspoon ground cayenne (optional)

1 pound (455 g) Brussels sprouts, trimmed and quartered lengthwise (if some or all of your sprouts are shorter than 1½ inches // 4 cm, halve them lengthwise rather than quartering them)

1. Heat the oil in a large, lidded (but uncovered for now), nonstick pan over medium-high heat. Once the oil starts to shimmer, add the cumin seeds and sizzle, giving the pan a shake or two, until they darken a couple of shades and become fragrant, about 30 seconds.
2. Add the potato and cook, stirring frequently, until the potato is lightly fried all over and starting to brown on all edges, 5 to 7 minutes.
3. Reduce the heat to low and add the coriander, amchoor, ground cumin, salt, and cayenne (if using). Try to sprinkle the spices evenly over the whole pan to avoid clumping. Stir well to combine, and then immediately add the Brussels sprouts. (The ground spices should cook in the hot oil for a second or two before the sprouts join the pan, but they will scorch if you wait too long, so move quickly.)
4. Stir thoroughly again. Increase the heat to medium, cover, and cook, stirring every few minutes to make sure every vegetable piece is eventually coated with ground spices. Keep the pan tightly covered between stirrings to preserve the steam. The dish is done when the potato pieces are totally soft but still keep their shape, 10 to 15 minutes (if the potato takes a bit longer than that to soften, reduce the heat to low and stir often for any additional time to ensure the spices don't burn). The sprouts should be cooked through, but can have a bit of bite, and the spices should darken a few shades but not blacken.
5. Taste for salt and serve hot.