

# Aloo Bhorta (Bangladeshi Mashed Potatoes)

Equipment:	Ingredients
Knife Chopping board and mat Small frying pan with lid Flippers Mixing bowl Fork Teaspoons Serving plates Serving spoons  (For the next class: Saucepan with boiling water and steamer with lid)	1 Batch Potatoes steamed in advance  1 Tbsp. oil 1/2 capsicum, seeds removed, finely diced 1/2 onion or 1 large Spring onion, finely diced 1/4 cup mustard oil 1 small bunch coriander leaves 1/2 tsp salt Flower to garnish  (For the next class: About 450-500g potatoes, coarsely diced and steamed)

## Method:

**Remember to clean up your workstation as you go**

**This recipe is traditionally extremely spicy. Station 1 will be making a chilli oil so that you can make yours as spicy as you wish in the dining room.**

1. **Read the whole recipe**, and discuss between you how you will work well as a team. Decide when you should be washing your knife. The Head Chef is the boss.
2. Heat 1 tbsp. oil in the frying pan on medium high heat. Stir fry the capsicum in hot oil till it softens. Add in the onions and keep stirring until just starting to brown. Turn off the stove top.
3. Put the onions and capsicum into a mixing bowl.
4. Add the cooked potatoes, mustard oil, and salt. Mash together with a fork.
5. Using a pair of teaspoons form the potato mix into balls. This is your Aloo Bhorta
6. Place the Aloo Bhorta onto a serving plate; don't let them touch each other.
7. Garnish with a flower and add a pair of small serving spoons.

Hot chilli sauce will be served separately at the table. If you try the chilli oil (optional) first put water in your cup.



# Chilli oil

<b>Equipment:</b>	<b>Ingredients</b>
Knife Chopping board and mat Small pan Flippers Serving dishes on saucers Teaspoons	1/4 cup red chilli flakes Fresh chillies with seeds, finely chopped 1 Tbsp salt 1/2 cup cooking oil 1 tbsp mustard oil

## Method:

**Remember to clean up your workstation as you go**

**Station 1 will be making a chilli oil so that you can make yours as spicy as you wish in the dining room.**

1. **Read the whole recipe**, and discuss between you how you will work well as a team.  
The Head Chef is the boss.
2. Put all ingredients into the frying pan, on a medium high heat.
3. Gently stir and fry until the oil begins to change colour.
4. Turn off the heat.
5. Serve into dishes; 1 for each table.
6. Provide teaspoons for serving

