

# Bangaladumpa Upma Koora

This Nepalese recipe uses a unique, exotic spice called asafoetida, which is cultivated from the sap of a plant in the fennel and carrot family. Known for its powerful, pungent aroma when raw, this special spice mellows as it cooks, releasing notes of onion, garlic and even a slight hint of white truffle. In addition to its culinary popularity, asafoetida is used in homeopathic medicine.



## Ingredients

- 1 1-Inch Piece Ginger
- 1 Bunch Cilantro
- 1 Lime
- 1 Onion
- 1 Sprig Fresh Curry Leaves
- 8 Small White Creamer Potatoes
- 5 Dried Pequin Red Chilis
- 1 Teaspoon Ground Mustard
- 1 Teaspoon Asafoetida Powder
- ½ Cup Mong Dal
- ½ Cup Tomato Paste



Makes 2 Servings  
About 500 Calories Per Serving



# Instructions

1



## *Prepare the ingredients:*

Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Peel and finely chop the ginger. Roughly chop the cilantro. Cut the lime into quarters. Peel and small dice the onion. Pick the curry leaves off of the stems.

2



## *Toast the curry leaves:*

In a medium pot, heat 2 teaspoons of olive oil over medium until hot. Add the **curry leaves**—you should hear them sputter and pop a little—and cook 30 seconds to 1 minute, or until slightly crispy and fragrant, stirring frequently.

3



## *Add the aromatics:*

Add the **onion** and **ginger** and season with a little salt and pepper. Cook 3 to 5 minutes, or until the onion and ginger are softened. Add the **whole dried chilis, ground mustard, asafoetida powder** and **mong dal**. Cook 1 to 2 minutes, or until thoroughly combined and fragrant, stirring frequently.

4



## *Add the tomato paste:*

Stir in the **tomato paste** along with **3 cups of water**. Increase the heat to medium-high and bring the mixture to a boil. Reduce the heat to medium and simmer 25 to 30 minutes, or until the mong dal is tender, stirring occasionally. Season with salt and pepper to taste.

5



## *Cook the potatoes:*

Once the small pot of water is boiling, add the **potatoes**. Cook for 15 to 18 minutes, or until the potatoes can be easily pierced with a fork. Drain thoroughly and return to the empty pot to keep warm while the mong dal finishes cooking.

6



## *Plate your dish:*

Once the mong dal is tender, turn off the heat and remove the peppers. Stir in **half the cilantro** and the **juice of 2 lime wedges**. Divide the **cooked potatoes** between 2 dishes. Then using a fork or the back of a spoon, smash the potatoes, drizzle with olive oil and season with salt and pepper. Spoon the curry mixture on top and garnish with the **remaining chopped cilantro and lime wedges**. Enjoy!