

Potato Curry Pockets

Potato pocket ingredients:

4-5 medium-sized potatoes
1 tbsp potato starch
3 tbsp tapioca flour (more if needed)
Sea salt and pepper
1/2-1 tsp water (if needed)

Curry filling:

1 cup finely chopped cauliflower
1/3 cup frozen green peas, defrosted
1/4 tsp ground cumin
1/2 tsp ground cilantro
1/2 ground turmeric
1.5 tsp curry powder
Small handful fresh cilantro, finely chopped
Sea salt, to taste
Black pepper, to taste
1 tsp lemon juice (optional)

Directions:

Place all the potatoes in a large pot fitted with a steaming basket. Add a few inches of water and steam until soft, about 45 minutes to 1 hour. Remove and cool for 10 to 15 minutes, until cool enough to handle.

Place the potatoes in a large, flat-bottomed bowl or pot and mash until they are broken down. Add the salt, pepper, potato starch, tapioca flour and mash until the flour and starch have been incorporated. If the mixture is very dry, add a bit of warm water. If the mixture is very wet, add a bit more tapioca flour. The dough should be pliable and not stick to your fingers. Set aside while you make the filling.

Steam the chopped cauliflower in a steaming basket or fine mesh sieve over a pot of water until cooked. Remove and add to a bowl with the peas, ground cumin, ground cilantro, curry powder, fresh cilantro, sea salt, pep-per and lemon juice (if using). Mix well.

To make the pockets, take a handful of the potato mixture and roll it into a ball. Flatten the sides out so that there is a cavity in the middle, then add a tablespoon of the filling. Close the pocket gently and smooth out any creases. Repeat with remaining dough.

Place a non-stick pan over medium-low heat or spray with a bit of avocado oil (if needed). Add the pockets and cook for 5-10 minutes on either side, until browned and crispy. You can bake them in the oven at 350F for an additional 20 minutes if you want them even more crispy.

Makes 4-5 pockets