

Fennel seed potatoes

Fennel adds an extra flavour to our old favourite.

Inspired by *Michael Barry* and *Madhur Jaffrey* in *Exotic Food, The Crafty Way*.

Potatoes cooked with just the right level of added spiciness.

Ingredients for a side dish of 4 to 6 portions.

Ingredients

800 g potatoes
60 ml organic sunflower oil
1 tsp fennel seeds
1 tsp paprika
pinch cayenne pepper
to taste salt and pepper

To serve

Serve as a side dish to a highly flavoured main course, e.g. curried beef, or lamb.

Notes

Various spice mixes can be used, for example panch phoren would work but has not yet been tested for the *Fairtrade Cookbook*.

Method

Preparation

Peel the potatoes and slice into 2 cm chunks with a triangular cross-section.

Cooking

Cook them in boiling / simmering salted water until just tender to a testing knife.

Drain, discard the cooking liquid.

Heat the oil to quite hot and add the fennel seeds. Fry the potatoes on one side until brown and then turn over and fry the other side similarly.

Sprinkle on the spices and seasoning and cook for another minute.

Assembly

Drain the potatoes and pat dry with kitchen roll.