

Food made out of scrap

Seeing those grains and lentils laden farms, fruits and vegetables covered orchards and Monday markets brimming with food produce can't change the brutal truth that millions go to sleep with an empty stomach due to food shortage.

And the prime reason for this precarious situation is food wastage, for which no one is to be blamed but we and our reckless behavior towards the resources of nature.

“Think globally, act locally”, according to us will bring about the prominent changes we aspire to see in near future. And for this we decided to prepare a meal from scraps which otherwise would have landed in landfills and compost due to their imperfect size and mere blemishes on their surface.

For the greenest task, we have decided to go with a dish that is common to almost all cities of India and made very often, almost every day. The versatility of this dish enables it to be consumed with chapatis, rice, whole-wheat bread, or as it is without any complement. The dish is known as 'fried potatoes'.

Potatoes being a surplus produce is used massively and so on this humongous level is also wasted. Hence, the irregular sized potatoes with spots or blemishes on their surfaces were used to make this recipe.

Along with potatoes, the key ingredient of this dish is onion. Often, people refrain themselves from using cut pieces which are leftovers from the salad into dishes due to the fear of bacterial growth. But if

stored properly with adequate temperature and moisture control, then these pieces can be reused instead of being landed up in trash cans. Also, to saute potatoes, onions, chillies and spices, we took into use ghee which can be made from milk cream which floats on the top and is often discarded. But if we curdle this milk cream and heat it, ghee can be formed. This element indeed adds extra nuttiness and richness into the dish and proves to be a better substitute to market sold vegetable oil. Also, the byproduct of this process, i.e., buttermilk can be used in curries or even for drinking.

Ingredients:

300 g Potatoes

150 g Onion

2 tbsp Ghee

1 Tej patta(from kitchen garden)

2-3 Cloves

1 tsp Ginger Chopped

1 tsp Garlic Chopped

1 tbsp Coriander Powder

1/2 tsp Turmeric Powder

1 tsp Kashmiri Red Chilli Powder

Salt to taste

1/2 tsp Garam Masala Powder

Recipe:

1. Wash the potato and peel them.
Deep fry the potatoes until browned.

Drain and keep aside.

2. Fry the onion for 3-4 minutes until they are softened.

Drain and keep aside.

3. Heat ghee and Add tejpatta and cloves and fry for a few seconds.

Add onion and fry until slightly browned.

4. Now add garlic and ginger.

Remove the pan from heat and let the mixture cool.

5. Add coriander powder, turmeric powder, Kashmiri red chilli powder and cook for a minute.

6. Now add salt and cook for 10-12 minutes on low heat.

7. Serve hot.



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Challenge: Day 13, Greenest