

Aloo Ke Fare Recipe – Easy UP Style Potato Fare

Learn how to make traditional UP-style Aloo Ke Fare using rice flour and a flavorful potato filling. This easy recipe is cooked in a covered pan without a separate steamer.



Prep time
20 minutes

Cook time
20 minutes

Total time
40 minutes

Servings
4

Calories
280 kcal

Ingredients

Boiled potatoes	4 medium, estimated
Oil	1 teaspoon
Fenugreek seeds	½ teaspoon
Garlic cloves	5–6, estimated
Green chilies	2–3, to taste
Fresh coriander leaves	¼ cup, estimated
Turmeric powder	1 teaspoon
Coriander powder	1 teaspoon
Salt	To taste
Rice flour	Approximately 2 cups

Water

As required for kneading

Method

1. Heat the Oil

First, heat one teaspoon of oil in a pan. Once the oil becomes hot, add half a teaspoon of fenugreek seeds. Allow the seeds to crackle gently without burning.

2. Add the Garlic and Chili Paste

Add a freshly ground paste of garlic, green chilies, and coriander leaves. Sauté over low to medium heat until the raw aroma reduces.

3. Add the Spices

Next, add turmeric powder, coriander powder, and salt. Mix everything thoroughly. Cook the spices gently until aromatic. Add a splash of water if needed to prevent burning.

4. Mix the Boiled Potatoes

Add the previously boiled and mashed potatoes to the prepared spice mixture. Stir well so that the potatoes are evenly coated with the flavorful spices.

5. Prepare the Filling

Cook the potato mixture briefly until everything is well combined. Turn off the heat and allow the filling to cool slightly before stuffing.

6. Shape the Rice Flour Dough

Take small portions of prepared rice flour dough. Roll them into balls and flatten each ball into a small disc using your hands.

7. Stuff the Dumplings

Place a small amount of potato filling in the center of each disc. Fold the disc in half and gently press the edges to seal it. Repeat with the remaining dough and filling.

8. Arrange the Fare in a Pan

Lightly grease a pan with oil. Carefully arrange the prepared dumplings in the pan, leaving enough space for even cooking.

9. Add Water and Cover

Sprinkle approximately three to four tablespoons of water over the dumplings. Cover the pan with a lid and cook on low heat for approximately four to five minutes.

10. Flip and Cook

Once the dumplings begin changing color and develop a lightly golden bottom, carefully flip them. Cook the other side for about one minute or longer if required. Ensure the rice flour dough is completely cooked.

11. Serve Hot

Your delicious homemade Aloo Ke Fare are ready. Transfer them to a serving plate and enjoy with coriander chutney, tomato chutney, or your favorite dipping sauce.

Chef tips

- Prepare a soft and pliable rice flour dough.
- Avoid making the potato filling too wet.
- Do not burn the fenugreek seeds.
- Add only a small amount of water during covered cooking.

Full recipe: <https://meenrazcooking.com/en/recipe/aloo-ke-fare-recipe/>

Watch the video: youtube.com/watch?v=E5a7pE0LFL0