

# Potatoes Bonda

serves 6–8

Bonda is a very popular side dish and appetizer in southern India. This is a popular favorite dish every time I serve it. Bonda can accompany a non-Indian meal as well.

**4 medium potatoes, preferably gold; boiled, peeled, & mashed**  
**1/2 tsp. turmeric**  
**2 T. olive oil, coconut oil, or ghee**  
**1/4 tsp. brown mustard seeds**  
**1 cup onion, 1/4" dice**  
**1–3 fresh chilies, seeded, minced**  
**2 T. lemon juice**  
**1 1/2 tsp. salt**

**3 T. cilantro, minced**  
**1 1/2 c. chickpea flour (besan)**  
**2 T. rice flour (or chickpea flour)**  
**1/4 tsp. cayenne**  
**3/4 tsp. baking powder**  
**1/4 tsp. salt**  
**1 1/3 c. warm water**  
**1/2 c. grapeseed, canola, or peanut oil for frying**

Mix the coarsely mashed potatoes and turmeric in a medium-sized bowl. Heat the oil or ghee in a frying pan on medium-high heat. Add the mustard seeds and fry for 1 minute. Add the onion and chilies and cook for 5–8 minutes, until soft. Add to the mashed potatoes. Stir in the lemon juice, salt, and cilantro and mix well.

In a separate bowl, mix the flour, cayenne, baking powder, salt, and enough warm water to make a thick batter, similar in texture to pancake batter.

Roll the potato mixture into balls, 1 inch to 1½ inches in diameter.

Heat the ½ cup oil in a skillet or large fry pan on medium-high heat. When hot, dip the potato balls in the batter one at a time and drop into the hot oil. Fry just enough balls so they are not crowded in the pan. Turn often until they are golden brown all over. Remove with a slotted spoon, drain on paper, and continue until all the balls are fried.

Serve immediately or keep warm for a short time in a warm (200°) oven. You can serve them with a simple yogurt dipping sauce, by mixing 1 cup yogurt, 2 T. lemon or lime juice, 1 tsp. toasted sesame oil, ¼ tsp. cayenne, and 1 tsp. of your favorite curry powder.