



CHICKPEA MASALA

Ingredients (SERVES 4)

- 2 cups chickpeas (soaked 4-6 hours)
- 1 tbsp cumin powder
- 1 cinnamon stick
- 1 tbsp coriander powder
- 1 bay leaf
- ½ tsp anardana powder
- 1 black cardamom
- 2 tsp chana masala
- 1 tea bag
- ½ tsp black pepper
- Salt (as required)
- 1 tbsp kashmiri chilli (as per taste)
- Oil (as required)
- A pinch asafoetida (hing)
- 2 medium size onions, diced
- 1 small onion, cut into rings
- 1 tbsp dry fenugreek leaves (kasoori methi)
- 2 large tomatoes, diced
- Green chilli (as per paste)
- Coriander
- 1 tbsp ginger garlic paste

Instructions

1. In a pot take soaked chickpeas, 4 cups water, cinnamon stick, black cardamom, bay leaf, tea bag, and salt, and boil for 20 to 25 minutes or until cooked. When the chickpeas are done separate chickpea and chickpea stock in another bowl.
2. Heat another pan, add oil, onions, tomatoes, and green chillies. Sauté until done approx. 8-10 minutes. Leave aside and once cooled, blend and make into puree.
3. Marinate the boiled chickpeas with cumin powder, coriander powder, anardana powder, kashmiri chilli, black pepper, and chana masala. Leave it aside.
4. Heat oil in pan on medium heat, asafoetida, ginger garlic paste, onion rings, and dried fenugreek leaves. Sauté them until the ginger garlic smell has gone. Add the puree and cook until the oil separates approx. 6-8 minutes. Once it is cooked add the chickpea stock and boil, lastly add the marinated chickpeas. Garnish with rings of onion and coriander.

Notes

1. If you don't have time to soak chickpeas, you can use canned chickpeas instead.
2. You can skip cinnamon stick, black cardamom, bay leaf, anardana powder and asafoetida. You will get the same taste, what differs will be the aroma of the masala.



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