

Chana Masala – April 26th 2021 @ 6:30pm

Ingredients

2 cups Chana (chickpeas) soaked or 2 cans of Chickpea .
2 medium Red onions (chopped)
2 large Tomatoes (roughly chopped)
1 tbsp Garlic paste
1 inch Ginger paste
1 green chilli optional
6 -8 tbsp Vegetable oil
2 tsp Amchur powder (dry mango powder)
2 tsp Cumin seeds
2 tsp Kashmiri red chilli powder(for colour)
2 tbsp Coriander powder
2 tbsp Cumin powder (roasted)
1/4 tsp Turmeric powder
2 Cinnamon stick
2 Dried Bay leaves
5-6 Cloves
4-5 Cardamom Pods
Salt (to taste)
1tbsp of Garam masala
1tsp of Sugar
1 tsp of Ghee
Coriander leaves (for garnishing)
1tsp Dry Fenugreek leaf (you can get it from Tesco)

Instructions

Wash and soak 2 cup of chana (Chickpea) in 8 cups of water for 8 hours. Pressure cook with 2 tsp of salt for 20 minutes using pressure cooker or until chole is tender but still retain the shape and can be crushed easily. Strain the chickpea Or if you're using canned Chickpeas then separate the chickpea and discard the water .

Add the amchur powder(mango powder) to the cooked chickpea or canned chickpea combine it well with a spatula, ensuring there are no lumps and keep it aside.

Using a blender or a food processor, blend the tomatoes, green chilli,ginger and garlic to smooth puree and keep it aside.

In a pan on low heat add oil. Add the bay leaf, cardamom , cloves and cinnamons.

Next, add the chopped onions. On medium heat, cook the onions till golden brown. Add the sugar.This can take somewhere about 10-15 minutes. Stir the onions frequently to avoid burning them.

On low heat, add the prepared tomato, garlic and ginger puree and stir to combine. Let it cook for about a minute. After that add the cumin powder, coriander powder, red chilli , garam masala powder, turmeric powder and salt. Stir to combine the spices and let this cook uncovered.

Keep stirring the masala at regular intervals and scraping the bottom of the wok. All moisture from the masala will evaporate and it will become thick. This can take about 10 minutes.

Next, add the channa to the masala, stir to combine well and make sure the chickpeas is well coated with the masala.

Lastly, add 4 cups of water Stir and let it come to a boil and let it simmer for about 10- 15 minutes, as a result, the gravy will thicken. Keep stirring at regular intervals .Then add pinch of garam masala powder and Ghee .Add dry fenugreek leave crushed in between your palms.

Chole is ready! Garnish with freshly chopped coriander leaves and serve hot with steamed white rice, poori, Zeera rice or Chapati .