

Chana Masala

<p>Equipment: Mortar and pestle (or electric grinder) Large heavy based frying pan Measuring cups and spoons Wooden spoon Knife Chopping board</p>	<p>Ingredients: 4 cups boiled or canned chickpeas. Rinse if using canned. 1 medium onion, finely diced 2 medium tomatoes, finely diced 1 sprig curry leaves, optional 1 tsp vegetable oil 1/2 tsp cumin seeds 1 cup coconut milk 1 tbsp garlic paste 1 tsp ginger paste 1 tsp paprika 1/2 tsp cayenne 1/2 tsp turmeric 1/4 cup of coriander leaves, chopped Salt to taste</p> <p><u>For masala powder or spice mix:</u> 1 tsp cumin seeds 1 tbsp coriander seeds 1 tsp fennel seeds 1/2 tsp methi seeds 2 pods green cardamom 1/2- inch stick cinnamon</p> <p>Rice to eat with this dish</p>
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What to do:

1. Make a powder with all of the masala ingredients in a spice grinder or a powerful blender. Set aside.
2. Heat the oil in a saucepan. Add cumin seeds. When they splutter, add the onions, curry leaves (if using), ginger and garlic.
3. Sprinkle some salt and sauté, over medium heat, adding a teaspoon or two of water if the ginger and garlic start to stick.
4. When the onions are translucent, add the tomatoes, paprika, cayenne, turmeric, and the spice mix.
5. Cook over medium heat, stirring frequently, until the tomatoes darken and most of the liquid has evaporated.
6. Add the chickpeas and salt and stir well to mix. Add 2 cups of water.
7. Bring the chickpea curry to a boil, turn down the heat, and simmer for another 10 minutes. Add the coconut milk and let it warm through.
8. Add salt. Garnish with leafy coriander and serve hot with rice.