

Chana Masala

Recipe adapted from indianhealthyrecipes.com/chana-masala/

Please note: if using dried chickpeas, pre-preparation is required. Soak 1 cup chickpeas in 3 1/2 to 4 cups of water overnight or for at least 8 hours.

Ingredients

1 cup chana (dried chickpeas) or 2 cans chickpeas, drained and rinsed
Water for soaking and cooking
2 tablespoons coconut oil
1 small bay leaf
2.5cm cinnamon stick
2 cloves
2 green cardamom pods
2 onions, finely sliced
1 green chilli, finely chopped
2 cloves garlic, finely chopped
3cm ginger, grated or finely chopped
3 large or 6 medium tomatoes, finely diced, or 1 can chopped tomatoes
1 teaspoon salt
1/4 teaspoon turmeric
1/2- 1 teaspoon Kashmiri red chilli powder
1/2- 1 teaspoon paprika
1 teaspoon garam masala
2 teaspoons coriander powder
1/2 teaspoon cumin powder
1 teaspoon kasuri methi (dried fenugreek leaves, optional)
1/4 teaspoon amchur (dried mango powder, optional)
2 tbsp coriander leaves, finely chopped

Instructions

1. Soak chickpeas for 8-24 hours in 3 1/2 to 4 cups water.
2. Drain the soaking water from the chickpeas and rinse well. Add chickpeas to a medium pot with a lid and cover chickpeas with water. Bring the water to a boil, then turn the heat down and simmer the chickpeas for about 1 hour, until soft and tender. Alternatively, if you are using canned chickpeas, drain and rinse.
3. Heat a large pot and add the oil. Add the whole spices- cinnamon, cloves, cardamom, and bay leaf.
4. When the spices sizzle, add the onions and saute until they turn light golden.
5. Add ginger and garlic and saute for one minute.
6. Add tomatoes and salt. Let cook until mushy, pulpy, and thick.
7. Stir in red chilli powder, turmeric, garam masala, coriander powder, and cumin powder. Saute until the masala begins to smell good, about 3 to 4 minutes.
8. Add the chana (chickpeas) along with the chana stock or water (1 1/4 cups). Pour in another 3/4 cups water.
9. Mix well. Taste and add more salt if necessary. Cover and simmer for 15 minutes.
10. When the consistency is thick, add amchur powder and kasuri methi, if using.
11. Garnish chana masala with coriander leaves.