

Indian cooking with Rajive



Chana Masala (Chickpea curry Delhi style)

⌚:45min 👤:4

Ingredients

- 500 g chickpeas - *from the jar or soaked overnight and cooked until soft*
 - 2 medium-sized onions
 - 2–3 cloves of garlic
 - 1 thumb-sized piece of ginger
 - 3 tbsp rapeseed oil or sunflower oil
 - 3 medium-sized tomatoes
 - or*
 - 60 g chopped tinned tomatoes
 - Salt to taste
 - 1/2 tsp black pepper, ground
 - 1/2 lime
 - fresh coriander
- Masala spice mix:
 - 1/2 tsp cinnamon, ground
 - 1/2 tsp cumin powder
 - 1/2 tsp turmeric powder
 - 1 tsp garam masala powder
 - Chili powder to taste
 - 2 tsp coriander powder
 - ½ tsp mango powder (amchur) optional
 - 3 cloves



Preparation

1. Rinse the **chickpeas** with water and drain. Finely chop the **onions**, **garlic**, and **ginger**. Cut the **tomatoes** into cubes.
2. Heat the **oil** in a pan over a medium heat, fry the **onions** and **ginger**, then add the **garlic** and **masala spice mix**. Fry for 2 minutes, but do not allow to burn. Add the chopped **tomatoes** and fry over a medium heat until the oil separates from the spices and onion mixture.
3. Add the **chickpeas**. Bring to the boil and simmer over a medium heat for 15 minutes. Add a little water if necessary. Season to taste with **salt**, **pepper** and **lime juice**.
4. Sprinkle with finely chopped **coriander** (optional).

💡 **Hint:** Basmati rice goes well with this dish.

💡 **Hint:** After cooking, lightly mash the chickpeas with a potato masher.



Rajive's little spice lesson

Garam Masala:

Garam Masala (Hindi: “garam” means hot or spicy, “masala” means a mixture of spices) is a popular Indian spice mixture. Traditionally, it mainly contains spices that are said to generate heat in the body according to the Indian healing art of *Ayurveda*. These include black cardamom, cinnamon, cloves, black pepper and cumin. In the different regions of India, almost every family has its own traditional recipe - Rajive will soon introduce you to his personal garam masala recipe.



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