# Indian cooking with Rajive



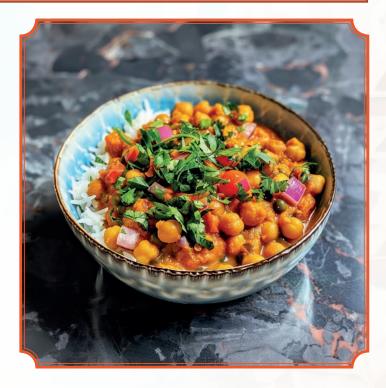
Chana Masala (Chickpea curry Delhi style)

国:45min 編:4

#### **Ingredients**

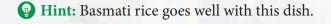
- 500 g chickpeas from the jar or soaked overnight and cooked until soft
- 2 medium-sized onions
- 2-3 cloves of garlic
- 1 thumb-sized piece of ginger
- 3 tbsp rapeseed oil or sunflower oil
- 3 medium-sized tomatoes
  or
  60 g chopped tinned tomatoes
- Salt to taste
- 1/2 tsp black pepper, ground
- 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**.
- P Hint: After cooking, lightly mash the chickpeas with a potato masher.
- 4. Sprinkle with finely chopped **coriander** (optional).





## 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.



