

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	1	Kilogram	Chana, whole. (Bengal gram)	
		As Required	Salt	to taste, add to
1		Teaspoon	Turmeric Powder	add to boiling c
2		Tablespoon	Chilly Powder, Red	add to boiling c
3		Tablespoon	Cooking Oil	For seasoning
1		Tablespoon	Mustard Seed (Sarson)	Fry for seasoni
12		Flakes/Cloves	Garlic (Lason, Losun)	Crushed, for se
2		Teaspoon	Garam-Masala	Add to cooked
1		Ball	Tamarind	Add to cooked
1		Ball	Jaggery	Add to cooked
1		Medium	Coconut (Narial)	Scraped

Method

Soak Chana overnight.

Wash the Chana, boil with salt (you may add haldi and chilly powder as it helps to absorb the masala). The water should be sufficient to cook the Chana under pressure. Close the lid, and continue as per the instructions of the Pressure Cooker. When the steam comes out, put the "weight", and lower the flame, after the whistle has blown. Cook in the Pressure Cooker for ten minutes.

When the Chana has been cooked, prepare seasoning, with mustard and garlic, and brown it well, and put it into the cooked Chana. Add garam masala, jaggery and tamarind to taste and let it simmer till it dries.

Garnish the Chana with scraped coconut and blend.