

Chana Masala 3

Written by W.J.Pais

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	500	Grams	Chana, whole (Kabuli Chana)	
3		Tablespoon	Cooking Oil	
1		Pinch	Asafetida (Hing)	
1		Teaspoon	Jeera/Cumin Seeds	
1		Tablespoon	Flour, Gram /Chana Ata	
1		Large	Tomatoes	
1		Teaspoon	Ginger Paste	
1		Teaspoon	Chillies Green	Chopped
2		Teaspoon	Coriander Powder	
1/2		Teaspoon	Turmeric Powder	
1/2		Teaspoon	Chilly Powder, Red	
1		Teaspoon	Salt	
1/4		Teaspoon	Garam-Masala	
1		Teaspoon	Coriander Leaves (Kothmeeth)	Chopped
		As Required	Tomatoes	Thinly sliced, for garnish

Method.

1. Drain the water out of the can of chickpeas and wash the chickpeas well.

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2. Blend the tomatoes, green chilies and ginger to make a puree.

3. Heat the oil in a saucepan. Test the heat by adding one cumin seed to the oil; if seed crack right away oil is ready.

4. Add the asafetida and cumin seeds.

5. After the cumin seeds crack, add the gram flour and stir-fry for a minute.

6. Add the tomato puree, coriander powder, turmeric, red chily powder and cook for about 4 minutes on medium heat.

7. The mixture will start leaving the oil and will reduce to about half in quantity.

8. Add the chickpeas and a half cup of water and let it cook for 7 to 8 minutes on medium heat, covered.

9. Press the chickpeas with a spatula so they soften. Note: add more water as needed to keep the gravy consistency to your liking, and let it cook for few more minutes on low heat.

10. Add the garam masala and cilantro. Let it cook for another minute.

11. Garnish with thin tomato slices.