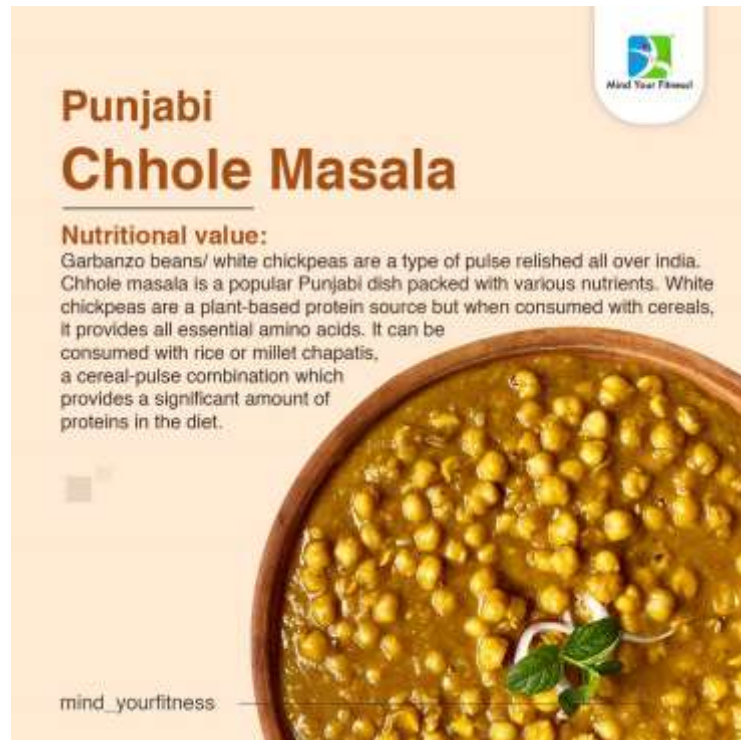


Punjabi Chhole Masala



Garbanzo beans/ white chickpeas are a type of pulse relished all over India. Chhole masala is a popular Punjabi dish packed with various nutrients. White chickpeas are a plant-based protein source but when consumed with cereals, it provides all essential amino acids. It can be consumed with rice or millet chapatis, a cereal-pulse combination which provides a significant amount of proteins in the diet.

Recipe

Ingredients:

To pressure cook

- 2 cups raw chickpeas
- 5-6 green cardamom pods
- 4-5 black peppercorn
- 2 bay leaves, 2 cinnamon sticks, 2 tea bags

For the chhole masala

- 1 tablespoon oil, 3-4 cloves
- 3/4 cup pureed onion from 2 small onions
- 2 teaspoons ginger-garlic paste
- 2.5 cups pureed tomatoes from 4 medium tomatoes
- 3 teaspoons chhole masala
- 1/2 teaspoon red chili powder or to taste
- 1/2 teaspoon paprika powder, 3/4 teaspoon cumin powder



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To garnish

- 1 inch ginger cut into julienne
- 1/4 teaspoon garam masala
- 1/2 tablespoon crushed kasuri methi also known as dried fenugreek leaves
- 2 tablespoons chopped coriander leaves

Method:

1. Soak the chickpeas overnight.
2. In a pressure cooker add the soaked and drained chickpeas, 2 tea bags, bay leaves, cardamom, cinnamon stick, salt and 4 to 5 cups water. Pressure cook at high flame till you get 1-2 whistles. After that lower the flame to medium and let the chickpeas cook for another 10-12 minutes.
3. In a wok, heat 1 tablespoon of oil. Once hot, add cloves and grated onions.
4. Add ginger-garlic paste and cook for 3-4 minutes till the smell of ginger-garlic goes away.
5. Now add the tomato puree, stir and let it cook for 12-15 minutes.
6. Add the chhole masala, red chilli powder, paprika powder, cumin powder, salt and mix for 1-2 minutes.
7. Add the chickpeas next and stir till all the chickpeas are coated with the spices, around 2 minutes.
8. Add water, cover the pan and let it simmer at medium-low flame for around 30 minutes. The gravy will thicken after 30 minutes so add water accordingly.
9. To temper, heat 1 tbsp. of ghee in a pan and the ginger julienne to it.
10. Add to the chhole curry, mix and switch off the flame.
11. Sprinkle some garam masala, kasuri methi and garnish with chopped coriander leaves.
12. Serve with roti, paratha or plain rice.