



CHANNA MASALA

SHOPPING FOR YOUR CLASS

Your recipes include some specialty ingredients, like black cardamom, asafoetida, garam masala, pomegranate seeds, amchur and green chilis. You will find all of these ingredients at your nearest Indian grocery store.

CHANNA MASALA *(serves 4 people)*

Recipe by ADITYA RAGHAVAN

2 cans chickpeas

For the Stock:

2 black cardamom

4 cloves

1 inch piece of cinnamon stick

1 tea bag of black tea, unflavoured (optional)

For the Curry:

1 medium onion finely chopped

1 tsp ginger-garlic paste

1/2 cup passata or canned crushed tomatoes

1 teaspoon red chili powder

1/2 tsp turmeric

1/4 tsp asafoetida (optional)

1 tbsp coriander seed powder

1 tsp cumin powder

2 tsp garam masala powder (recipe attached, or use store-bought)

2 tsp dried pomegranate seeds

2 tsp dry mango powder (amchur)

2 tbsp cold pressed canola oil

Garnish:

1 tbsp butter

2 green chilis slit lengthwise

10-12 pieces of julienned ginger

1 tsp cumin seeds

Finish with a few sprigs of cilantro

- Using a mortar and pestle, slightly crush the black cardamom and cloves.
- In a saucepan, heat 4 cups (1 litre) water and add the tea bag and whole dry spices, bring to a boil and then let simmer on low, uncovered, so that it slowly evaporates.
- In the meantime, heat oil in a pot and fry the onions on medium heat until the onions turn golden brown in colour (5 minutes).
- Then, add 1 teaspoon of ginger-garlic paste and continue to stir for another minute or so.
- Using a mortar and pestle, coarsely powder the dried pomegranate seeds.
- Add all the powdered spices to the pot at this point. If the spices catch on the bottom of the pot, add a couple of spoons of the tea to deglaze the pan.
- Cook the onion and spices until the oil begins to separate.
- Add the passata and cook for about 5 minutes until the oil begins to separate.
- Add the chickpeas and stir them into the thickened onion and spice mixture, on medium heat.
- Keep stirring for a few minutes, then strain and add all of the tea stock.
- Cook for a few minutes, then remove some of the chickpeas and smash them into a paste.
- Add the paste back to the mixture. Bring to a boil and then switch off the heat.
- Transfer to a serving bowl.
- To garnish, heat butter in a pan over a high heat. Once it begins to foam, add the cumin seeds.
- Once the butter turns a nice brown butter colour, switch off the heat and immediately add the green chilis and julienned ginger.
- Finish with sprigs of fresh cilantro.

ADDIE'S GARAM MASALA (*makes ½ cup of spice mix*)

4 tablespoon coriander seeds

2 tablespoon cumin seeds

1 tablespoon black peppercorn

12 green cardamom pods

3 whole mace florets

3 Indian bay leaves (sub regular bay leaves)

4-inch stick of cinnamon

1 tablespoon cloves

- Heat a large frying pan and toast each ingredient till the spice gives toasty and gives off an aroma.
- Cool all the spices down and then blend into a fine powder using a coffee grinder.

EQUIPMENT

Bowls

Measuring cups and spoons

A knife and cutting board

Small frying pan

A medium sized pot or 6 quart Dutch oven

Immersion blender or blender

Mortar & pestle

Coffee grinder