
CHANNA MASALA

Servings: 6

Channa Masala is spicy masala chickpeas - and can be as mild or as hot as you like it! It is a classic North Indian vegetarian dish - and is either eaten with rice or roti (chappati) as a main meal - or is served as a side-dish. When served as a main meal - it is especially delicious when eaten with "naan" bread, paratha or chappathis. It is also served as a mid-afternoon snack in the form of a "chaat" - which is when it is mixed with a couple of spoonfuls of tamarind chutney and poured on top of a broken samosa. This is spot-on Indian "street-food". Absolutely delicious! (I hope so ;-)) you be the final judge!

2 cans chick peas ready boiled, rinsed

1 can chopped tomato, or tom. with garlic

1 large onion in thin strips, chopped

2 medium potato, peeled/chopped

4 cloves garlic, chopped

1 inch fresh ginger root, chopped

2 green chile, or jalapeno

3 tablespoons cilantro leaves, whole

3 tablespoons vegetable oil, or butter

Tumeric

Garam Masala

Ground Coriander

Salt

Cumin (Jeera) Seeds

Heat the oil in a large pot until hot. Add the onion and cumin seeds and watch them pop and fizzle for around 20 seconds.

Then add the chopped onions and fry until they are lightly browned. Then add the ginger, garlic and chilli. Stir fry on medium heat.

Then add the can of chopped tomato and stir-fry for about 5 minutes on medium-to-high heat until the oil starts to separate from the onion/tomato mixture - and then add the spices:

2 teaspoons of salt

2 teaspoons of ground coriander

2 teaspoons of garam masala (spice mix)

1 teaspoons turmeric

Stir thoroughly on medium heat.

Then add the chunks of potato - stir until well coated in spices. Then add around 3 small glasses of water into the pot - and put the lid on and bring to boil. Let it simmer on a very low flame for around 20 minutes with the lid on. This will soften the potato.

After about 20 minutes - check to see that the potato chunks are soft - and then add the drained (already-boiled) chickpeas. Stir it all up - and add another small glass of water to the pot. Bring to a fierce boil and then turn the flame down to simmer the pot for a while - with the lid partially on.

After about a further 15 minutes of simmering - add some freshly chopped coriander leaves (cilantro) and stir it all in. Keep it simmering for about 10 minutes more. After that - turn off the heat - put the lid on tight - and let it stand for around 15 minutes while you make the basmati rice pilaf - or warm the bread etc. It's then ready to serve!

Per Serving (excluding unknown items): 109 Calories; 7g Fat (55.8% calories from fat); 2g Protein; 11g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1 1/2 Fat.