

CHICK PEA CURRY / CHANA MASALA / CHOLLE

Serves: 4-6

Course: Main







Preparation time: 10 minutes

Cooking Time: 30 minutes

Dry Ingredients	Wet Ingredients
<ul style="list-style-type: none"> • 1 inch cinnamon stick • 1 brown cardamom • 1 teaspoon cumin seeds • 1/2 teaspoon garam masala • 2 teaspoons coriander powder • ½ teaspoon red chili powder (optional) • 1 teaspoon salt • 1 teaspoon amchoor or lemon juice 	<ul style="list-style-type: none"> • 1 Tablespoon any cooking oil • 1/2 cup finely diced onion (half medium sized onion) • 1 tsp ginger paste ; 2 tsp minced garlic • 1 medium Roma tomato, finely diced • 2 cups water <ul style="list-style-type: none"> • **3 Cups Garbanzo Beans (Boiled) OR 2 Cans of Garbanzo Beans (Good to know : 1 cup of dried beans = 3 cups of boiled beans = 2 cans of store bought cooked beans • 1/3 cup chopped cilantro - garnish

*** Don't boil the chickpeas if using Instapot. Read directions on next page for instapot cooking.

Directions: If using Boiled Chickpeas:

	
<p>1) Heat oil in a medium pan; add the cinnamon stick, brown cardamom and cumin seeds ; cook for 30 seconds</p>	<p>2) Add onions and cook until they turn translucent.</p>
	
<p>3) Now add ginger paste and garlic. Cook for one minute on medium heat.</p>	<p>4) Add garam masala, coriander powder and red chili powder. Saute for 15 seconds on medium heat.</p>
	
<p>5) Add tomatoes and salt. Cook for another 3-4 minutes on medium flame till the tomatoes turn mushy. Add amchoor or lemon juice.</p>	<p>6) Add 2.5 cups of water & boiled chick peas; cover and cook for 30 mins on medium heat. You can also pressure cook them for 10 minutes. If using raw, presoaked beans, then pressure cook for 20 minutes *** See instapot directions on next page.</p>



Using a spatula / ladle, mash about ¼ of the cooked chickpeas to thicken the gravy.



Garnish with cilantro & serve with rice or naan, samosa, tikki or any tortilla.

***Instapot Directions:

- Soak 1 cup of chickpeas overnight. Drain the water and rinse with fresh tap water before using the beans.
- Follow all the steps from 1-5 above using the saute function of your instapot. For step 6, add 2.5 cups of water and the soaked and rinsed chickpeas and pressure cook for 40 minutes. Let the pressure release naturally (NPR). Add more water to adjust the consistency if needed. Garnish with cilantro and enjoy with naan/rice.

Aloo Tikkis – Potato Patties

Makes: 8 medium aloo tikkis

Cooking Time: 10 minutes

Prep. Time: 30 minutes

Wet Ingredients

- 2 medium boiled potatoes (approx. 3 cups of boiled, mashed potatoes)
- ¼ cup chopped cilantro
- 2 Tbsp lemon juice
- ½ cup frozen corn or green peas, thawed
- ½ cup grated carrots
- 3 Tablespoons olive oil for pan frying (or any cooking oil you use)

Dry Ingredients

- ½ Teaspoon dry ginger powder or 1 tsp fresh grated ginger
- 1 Teaspoon red chili powder
- 1 Tablespoon coriander powder
- 1 Teaspoon garam masala
- 1 Teaspoon amchoor (dried mango powder)
- 3 Tablespoon Corn Starch / Corn Flour / Rice Flour (to make it gluten free)
- 1 ½ tsp Salt or as per the taste

Directions

- Mash the potatoes with a fork in a medium bowl. Now add all the ingredients except the oil . Mix them well.
- Divide the mixture into equal portions depending on what size you want and shape them into round patties.
- Heat the oil in a pan and shallow fry the tikkis / patties till they are golden brown on both the sides.
- Serve them with Mint Chutney or tamarind chutney or Chana Masala / Chickpea Curry. You can also use whole wheat burger buns to make a burger but then it won't be gluten free / vegan.
- Can be stored for three days in refrigerator.



SAMOSA RECIPE

Makes 8 Samosas

Prep. Time: 30 minutes

Cooking Time: 20 minutes

Ingredients:

<i>Dough</i>	<i>Filling</i>
<ul style="list-style-type: none">• 1 cup APF• 1 Tbsp sooji (semolina flour)• 1/2 tsp salt• ½ tsp Ajwain (Carom Seeds)• 3 Tbsp oil• 1/3 to 1/2 cup lukewarm water• 1Tbsp water + ½ Tbsp APF to make a paste for sealing the samosas.	<ul style="list-style-type: none">• 2 Tbsp oil• 1 tsp cumin seeds• 3 chopped green chilies (optional)• 1 tsp grated ginger• 1.5 tsp coriander powder• 1/2 cup green peas• 2 medium boiled potatoes, peeled and finely diced• 1 tsp garam masala• 2 tsp amchur (mango powder)• 1 tsp red chili powder• 2 tsp salt

Directions:

Making the Dough:

1. Mix the flour, sooji, oil and salt together to make a soft dough (**add more water as needed**). Knead the dough for about 1 to 2 minutes to make the dough smooth and workable.
2. Set the dough aside and cover it with damp cloth. Let the dough sit for at least 15 minutes.

Making the Filling:

1. Heat the oil in a frying pan on medium high heat. **Test the heat by adding one cumin seed to the oil; if it cracks right away oil is ready.**
2. Add cumin seeds and as cumin seeds crack, add green chilies, ginger, coriander powder and stir for few seconds.
3. Next add green peas and turn heat to medium and stir until tender (2-3 minutes on medium heat).
4. Add the potatoes and stir-fry for about 3 minutes on medium heat. Stir in garam masala, amchur , red chili powder and salt. **Add more salt or amchur according to taste.**
5. Let the filling cool down to room temperature.

Making Samosa:

1. Take 1 Tbsp of water and ½ Tbsp of all-purpose flour to make a paste and keep aside.
2. Knead the dough for a minute.
3. Divide the dough into 4 equal parts and make round balls.
4. Roll each ball into 6-inch diameter circles and cut each circle in half.
5. Spread the paste lightly all along the edge of one semicircle. Pick this semicircle up with both hands and fold it into a cone shape. Pinch the sides of this cone so that it is completely sealed.

6. Fill the cone with 3 tablespoons of filling. Press this filling down with your fingers. Now close the top of this cone into a triangle shape, pinching the top edge so that it is completely sealed.
7. Continue filling the rest of the samosas.
8. Heat about 1-1/2 inch of the oil in a frying pan on medium heat. ***To check if oil is hot enough place a small piece of dough in oil and dough should sizzle and come to the surface slowly.***
9. Place the samosas in the frying pan a few at a time (depending on size of your frying pan). Cook on medium heat.
10. After samosas are floating on top of the oil turn them slowly. Fry the samosas until the samosas turn a light golden-brown color on all sides. ***If you use high heat, the samosa crust will be too soft and not crispy.***

Additional Tips:

1. Boil the potatoes just until tender. Be careful not to poke the potatoes multiple times while they are cooking, as they will absorb the water. Drain immediately and keep aside until cool enough to touch.
2. The dough has to be kneaded well; otherwise, the samosas will not come out as crisp.
3. If the filled samosas sit for too long, they will dry. To avoid this, cover with a damp cloth.
4. If you roll the dough too thin , it will not hold the filling and break apart. If you roll it too thick, it will take too long to cook and samosas will turn very hard.

Suggestions:

1. Samosa can be prepared ahead of time and can be freeze for a month.
2. Before freezing fry them enough until samosa changes the color to very light gold brown.
3. After samosas are at room temperature , bag them in zip lock bags and freeze them.
4. To use frozen samosas take out as many you need and fry them on medium heat.

Baking Samosas:

Bake for 15 minutes at 425 degrees F, then turn heat down to 375 degrees F and bake for 10 more minutes. You can flip them over just before you turn the heat down, if you like. Brush them with oil before you put the uncooked samosas in the oven for baking.

Baking samosas is like eating an almost sugarless cake. So please don't expect the best flavors from them.

Future Variations

You can substitute green peas with any of the following: paneer/tofu, mushrooms, minced chicken/turkey or any minced meat of your choice. Make sure you cook the meat well before using it as a filling.

You can use whole wheat flour instead of APF. You can also use frozen puff pastry sheets instead of making fresh dough. Cut them in small triangles and fill in the pastry sheets with your choice of samosa filling .Then follow the directions on the puff pastry package on how to bake it.

Serving Suggestions

Serve them hot with green chutney / tamarind chutney/ chana masala.

Step by Step Pictures for Samosas :

