

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	450	Grams	Chana, whole (Kabuli Chana)	Soak overnight
1		Tablespoon	Ghee	Heat and fry mustard seeds
1		Teaspoon	Mustard Seed	For frying
1		Teaspoon	Jeera/Cumin Seeds	For frying
2		Medium	Onions	Finely chopped, add
2		Inch	Ginger	Crushed, For frying
2		Flakes/Seeds/Cloves	Garlic	Crushed, For frying
2-3		nos	Chillies Green	Finely chopped, add
3		Teaspoon	<a href="#">Chole Masala Powder -[1333]</a>	Recipe [1333]
1-2		nos	<a href="#">Tomatoes</a>	Finely diced, Add
1		nos	Bay Leaves /Tejpatta (Dry Coriander leaves)	Finely chopped, add
1-2		Teaspoon	Chilly Powder, Red	add
1		Teaspoon	Turmeric Powder	add
1/2		Teaspoon	Garam-Masala	powder, add
1		Teacup	Water	left over from boiling chana
1		Teaspoon	Salt	add
1/4		Teacup	Parsley	or coriander leaves

Method

Soak the kabuli chana overnight in water.

Next day bring the chana to a boil, reduce to a simmer and cook until they are soft, about 1 - 2 hours. Drain the chana, reserving the cooking liquid for later use. Mash about 1/4 cup of the cooked chana into a paste. Set aside.

Heat the ghee in a large pot. When hot, add the mustard and cumin seeds and stir fry for a few minutes or until the mustard seeds begin to pop. Next add the onion, fry for a few minutes and then add the crushed ginger and garlic. Stir and fry for a few more minutes. Add the green chilies and chana masala powder [1333] and stir fry for a minute or two.

Now add the tomatoes to the pot, along with the crushed bay leaf, turmeric and chili powder and cook until the tomatoes thicken - about 5 - 10 minutes. When the tomatoes are nearly done, add the mashed chickpeas and the garam masala and cook for a few minutes. Then add the cooked chickpeas, along with about 1 cup of the reserved cooking liquid and the salt. Cook for about 10 minutes longer, or until most of the liquid is absorbed and finish off by adding the chopped herbs.