Chana Masala / Curried Chickpeas

Yield: 4 – 5 servings
Preparation Time: About 30 minutes
Cooking time: About 40 minutes

Ingredients:	Equipment:
• 3 Tbsp (45mL) vegetable oil • 1 tsp (5mL) whole cumin seeds • 1 medium-sized onion, cut into small dice • 1 tsp (5mL) grated ginger (a thumb-sized knob of ginger) • 1 clove garlic, grated on a micro-plane • ¾ tsp (3mL) ground coriander • ¼ tsp (1mL) cayenne pepper • ¼ tsp (1mL) turmeric • ½ tsp (2mL) garam masala • 1 cup (250mL) chopped tomatoes (about 3 large tomatoes) (or x538g can of whole tomatoes) • 3/4 cup (175mL) water (if using fresh tomatoes) • 1 tsp (5mL) salt • 1x708g can of chick peas, drained and rinsed • 1 cup (250mL) water • ½ lemon, juiced • When serving, top with a dollop of plain yogurt and a few sprigs of cilantro • Serve over rice or with naam.	• Large pot or Dutch oven • Small sharp knife • Cutting board • Micro-plane • Measuring spoons • Can opener • Wooden spoon or silicone spatula • 4 small bowls • Ladle

Method:

1. Cut the onions into small-sized dice. Place in a small bowl.
2. Peel the ginger with a small spoon then grate with a micro-plane. Tap into a small bowl.

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3. Grate a clove of garlic and add to the ginger.
4. Measure the **spices: coriander, cayenne, turmeric and garam masala** into a small bowl.
5. Cut up the tomatoes into a large dice, if using fresh tomatoes. Place in a small bowl. (open can if using canned tomatoes)
6. Turn on heat to medium heat. Add **oil** to pot and heat up. Add the **cumin seeds**. Stir for ten seconds then add the **onions**.
7. Cook and stir the onions until the onions turn golden. Take the time to cook them until they are evenly coloured. Turn down the heat, if necessary.
8. Add the **ginger** and **garlic**. Stir then add the **spice mixture**. Stir for a minute to toast the spices.
9. Add the **tomatoes** and stir until softened.
10. Add the **water** (if using fresh tomatoes) and **salt.** Stir.
11. Bring to a boil then turn heat down to low. Cover with a lid and simmer for 10 minutes.
12. Add the **chickpeas** and one cup **water.** Bring to a boil.
13. Turn heat to low. Cover pot with lid and cook for 15 minutes.
14. Add **lemon juice**. Stir and cook uncovered for 5 minutes.
15. Serve in bowls with a dollop of **plain yogurt** and some chopped **cilantro**. Mix in and enjoy.

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