



Chana Masala

Serves 6-8

INGREDIENTS:

- 1/2 lb dried chickpeas, fully cooked *see below
(or for a quicker curry 2 (16 oz) cans, rinsed)
- 2 tbsp grapeseed oil (or canola oil)
- 2 tbsp ghee (or butter)
- 3 tbsp garam masala
- 1 tbsp ground cumin
- 1 tbsp cumin seeds
- 1 tsp turmeric
- kosher salt to taste
- 8 cloves garlic, minced
- 1" ginger, minced
- 1 large onion, diced
- 2 serrano peppers, sliced
- 3 tomatoes
- 1 can (16oz) diced tomatoes
- 1/4 cup fresh cilantro leaves

COOKING CHICKPEAS:

SOAK CHICKPEAS OVERNIGHT or for at least 5-6 hours. To cook, rinse chickpeas and discard any floating beans, cover in 2" cold water and bring to a boil. Lower heat, cover and simmer for 1 1/2 - 2 hours until chickpeas are very soft. (if you pinch one it should easily squish). Make sure they are completely soft BEFORE adding to the curry, since the curry is more acidic, they will not continue to soften! For a shortcut, used canned chickpeas.

DIRECTIONS:

1. Prepare all vegetables and spices and stage in individual prep bowls.
2. In a large heavy pot, on medium-high heat, melt the ghee and grapeseed oil.
3. Add the cumin seeds and garam masala to the hot pot and cook while stirring until the spices "bloom" with fragrance.
4. Add the serrano peppers, onion, garlic, ginger, cumin and tumeric and cook on medium-low until the onions soften.
5. Add fresh and canned tomatoes, and fully cooked chickpeas (or canned chickpeas). Continue to simmer for about 20 min until stew is formed. Salt to taste.
6. Serve hot over rice or with naan.