

Punjabi Chole (Chickepeas) Curry

Ingredients

1. Cooked chickpeas, 400 g- 600 g tin
2. 2-3 tbsp neutral oil
3. 1 large white onion, chopped
4. Tomatoes, 400 g tin
5. 1 tsp tomato purée
6. 1 tbsp ginger garlic paste
7. ½ tsp turmeric powder
8. 1 Bay leaf
9. Homemade chickpea Masala spice-mix or store bought Chana Masala
10. 1 tsp dried mango powder Amchur
11. ½ tsp Degi Mirch or red chilli powder (optional)
12. ½ tsp Kashmiri Mirch red chili powder (optional)
13. Juice of ½ lemon
14. 275-300 ml warm water
15. 1 tea bag
16. Salt as per taste
17. 1 green chilli, slit (optional)
18. Few coriander leaves, chopped
19. 1 inch ginger juliennes
20. 1 tsp Garam Masala

Method

1. **For chickpea Masala spice-mix:** Take 2 black cardamoms, 1 inch cinnamon, 2 cloves, ¼ teaspoon carom seeds, 1 teaspoon cumin seeds, 5 black peppercorns, 2 heaped teaspoons coriander seeds, 1/2 teaspoon fennel seeds, ½ teaspoon dry pomegranate seeds and 1 Kashmiri dry red chili. Dry roast the spices for a min or two on medium heat. Once cooled, grind into a powder and keep in an airtight jar.
2. **For Steep the Chickpeas:** Heat 1 cup of water and steep the tea bags for **5-7 minutes** until dark. Add the **drained chickpeas** to the tea and let them sit for **15-20 minutes** to absorb the flavour. Drain before using. Keep some aside for the sauce.
3. **To make the sauce:**
4. In a saucepan or non-stick wok, heat oil on medium heat and add bay leaf and chopped onions.
5. Fry onions until they are golden in colour which can take up to 8-10 mins on medium heat.
6. Add ginger garlic paste and fry for a minute or until the raw smell of garlic vanishes.
7. Lower the heat and add 2 tsp homemade chickpea Masala spice-mix, turmeric powder, and a few tbsp of water. Fry for a few mins.
8. Add chopped tomatoes, tomato puree and Kashmiri Mirch red chilli powder on medium heat and cook for 4-5 mins until mushy and there is oil on the sides of the pan.
9. Add cooked chickpeas into the sauce and mix well.

10. Add salt, slit green chill, dried mango powder and 100-250 ml tea steeped water. Lower the heat, cover the pan with a lid and cook the chickpeas in the sauce for 5-7mins.
11. With a potato masher or fork, mash a few chickpeas to thicken the sauce.
12. Note: You can also add a boiled potato cut into cubes and mash a few cubes for thickness.
13. Switch off the burner.
14. Garnish with Garam Masala, chopped coriander leaves and ginger juliennes.