

Sholay

Chickpea Curry



Ingredients

100g dried chickpeas
soaked overnight in 1L of
water

1 onion, finely diced

4 cloves of garlic, finely
chopped

400g/1 tin of tomatoes

2 tsp ginger grated

1 tsp salt

1 chilli, chopped

1 tsp turmeric

1 tsp dried fenugreek leaves

1 tsp garam masala

1 handful of coriander,
chopped

1 lemon

1 green chilli

Method

- 01** In the pressure cooker heat oil and add onions and garlic. Fry until golden brown, and if the onions stick just add a dash of water and stir until they have browned.
- 02** Reduce the heat and add tomatoes, ginger, salt, turmeric and fenugreek. Cook this sauce until the onions and tomatoes melt together and you are left with an aromatic masala paste.
- 03** Wash the soaked chickpeas and add to the pan, then stir fry for a few minutes.
- 04** Add enough hot water to cover the chickpeas and put the lid on the pressure cooker. Bring it to the boil and leave it until it whistles twice, then reduce the heat and let it simmer for 10 minutes.
- 05** Remove from heat and leave to cool. **DO NOT REMOVE LID.** Once cooled remove the lid and check the chickpeas are cooked. If they are still hard check the water and if you need to add a little more then and put the lid on again and repeat step 4.
- 06** Once cooked through place the pan on the heat and stir-fry the chickpeas to reduce and thicken the sauce.
- 07** Turn the heat off and squeeze in the juice from 1 lemon and stir in the garam masala.
- 08** To garnish sprinkle over the fresh coriander, the finely sliced onions and green chillies.



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