

Tangy Chole (Chickpeas and Tomatoes)

Recipe from *Yamuna's Table* by Yamuna Devi Dasi

Serves 6

Ingredients

- Dried chickpeas – 1 ¼ cups (235 g)
- Water (4 cups/1 liter if pressure-cooked) – 5 ½ cups (1.3 liters)
- Ghee or oil – 5 tablespoons (75 ml)
- Scraped, minced fresh ginger root – 1 ½ teaspoons (7 ml)
- Minced hot green chili – 1 ½ teaspoons (7 ml)
- Cumin seeds – 1 ½ teaspoon (7 ml)
- Black mustard seeds – ½ teaspoon (2 ml)
- Small curry leaves, preferably fresh – 8 -12
- Tomatoes, peeled, seeded and diced – 5 medium-sized
- Turmeric – 1 teaspoon (5 ml)
- Chat masala – 1 teaspoon (5 ml) (or 2 teaspoons (10 ml) fresh lemon juice)
- Garam masala – 1 teaspoon (5 ml)
- Minced fresh parsley or coarsely chopped coriander leaves – ¼ cup (60 ml)
- Salt – 1 ¼ teaspoons (6 ml)
- Lemons or lime twists for garnishing – 6



Preparation

1. Place the chickpeas in a bowl, add 5 ½ cups (1.3 liters) of water and soak for at least 8 hours or overnight at room temperature.
2. Place the chickpeas and their soaking liquid in a heavy 3-4-quart/liter saucepan, add a dab of ghee or oil and bring to a full boil over high heat. Reduce the heat to moderately low, cover with a tight-fitting lid and gently boil for 2-3 hours or until the chickpeas are butter-soft but not broken down. For pressure cooking, combine the ingredients in a 6-quart/liter pressure cooker, cover and cook under pressure for 30 minutes. Remove the lid. Drain the chickpeas, saving the cooking liquid.
3. Heat 3 tablespoons (45 ml) of ghee or oil in a heavy 3-quart/liter nonstick saucepan over moderate to moderately high heat. When it is hot, stir in the ginger root, green chili, cumin seeds and black mustard seeds. Fry until the cumin seeds turn brown.
4. Drop in the curry leaves, and just 1-2 seconds later stir in the tomatoes. Add the turmeric, chat masala, garam masala, and half of the minced herb. Stir-fry over moderate heat, adding sprinkles of water when necessary, for 3-5 minutes or until the ghee or oil separates from the sauce and the texture is smooth and even.
5. Add the chickpeas and ¼ cup (60 ml) of the saved cooking liquid. Reduce the heat to low, cover and gently simmer for about 10 minutes, stirring occasionally. If necessary, add small quantities of the cooking water to keep the mixture from sticking to the saucepan.
6. Remove from the heat and add the salt, the remaining ghee or oil and the remaining minced herb. Garnish each portion with a twist of lemon or lime.

Chapatis (Basic Recipe)

Ingredients

- 2 cups whole wheat flour or drum-wheat “atta” flour
- 1 teaspoon salt
- 1 cup water
- 2 tbsps more flour for rolling/ dusting

Preparation

1. Sieve the flour, add salt to it and mix well. Place the flour in a large bowl and add 3/4 cup of the water. Stir gently with fingers in a circular motion until the flour starts to gather. Add 1-2 tablespoons more flour if the dough looks too sticky. Add more water if it looks too dry and firm.
2. Knead the flour until it becomes soft and pliable and doesn't stick to your fingers. You can put a little oil on your hand while kneading the dough to help with kneading. Cover the dough with plastic wrap or a tea towel and let the dough rest for at least 1 hour, at room temperature. You may store the dough in refrigerator. Just thaw to room temperature before using it.
3. Once ready to make chapatis, heat the griddle over medium-high heat. Divide the dough into 10-12 equal-sized dough balls. Working on one dough ball at a time. Roll a dough ball in the flour and flatten it a bit with your hands. Transfer the flatten ball to a clean flat surface, roll it with a rolling pin into a 6-7 inch disc. If the dough sticks to the surface, dust the surface with more flour.



4. Place the chapati on the hot griddle and cook for 30 seconds or until tiny golden dots appear on the surface, flip over and cook the other side. Flip over again and soon the chapati will start to puff up. Use a folded kitchen towel and press gently on the puffy chapati to push the air to the flatten part of the chapati. The whole bread should puff up into a round ball.
5. Transfer the cooked chapatis to a serving platter. You may baste it with a little butter or ghee. Serve immediately.

Recipe Notes

If your chapati doesn't puff up like a ball, it will still taste delicious. It may take a little practice to get puffy chapatis. You can also puff up the chapati on direct flame.