

Chickpea Curry

40–50 Min

Ingredients 4 Portions

= Kotányi Produkte

3 pcs.	Onions, large
5 cm	Ginger
5 pcs.	Garlic cloves
250 g	Chickpeas, soaked in water (1.2 l) overnight
1 pinch	Asafoetida
250 g	Canned tomatoes
1 tsp.	Mango powder
0.5 tsp.	Garam masala
2 pcs.	Cardamom, Whole
9 pcs.	Cloves, Whole
0.5 tbsp.	Pepper Black, Whole
2 pcs.	Bay Leaves, Whole
1.5 tsp.	Cumin, Ground
0.5 tsp.	Pepper Black, Ground
1 tsp.	Turmeric, Ground
1 tsp.	Coriander, Ground
	Archive: Table Salt
100 ml	Oil

Preparation

1. Peel and chop two onions.
2. Using a blender, puree the remaining onion with the ginger and garlic.
3. Pour the soaked chickpeas and the soaking water into a pot, add half of the chopped onion, cardamom, cloves, bay leaves, pepper, cumin, asafoetida and one teaspoon of salt, then bring to the boil.
4. Simmer for 50 to 60 minutes until the chickpeas are cooked through.
5. Drain the chickpeas and retain the liquid.
6. In another pan, heat some oil and fry the remaining chopped onion over a low heat for 30 minutes.
7. Add the onion, ginger and garlic puree, fry for 10 minutes, then stir in the turmeric, garam masala, coriander, pepper and mango powder.
8. Combine well and cook through.
9. After 1 minute, add the tomato puree, leave to simmer for a few minutes, then add the chickpeas and the cooking liquid.
10. Simmer until the chickpeas are very soft, but not crumbly. Season with salt and serve.