

## Recipe

### Chickpea Relish

## By

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## Ingredients

- 1½ C dried Chickpeas
- 5-8 C water
- 2 Tsp salt
- 1 Tbsp oil
- 1 Tsp black mustard seeds
- 1 Tsp split urad dal
- 1 dry red chili

- 1 fresh red/green chili, cut in half
- 8-9 fresh curry leaves
- ½ Tsp yellow asafetida powder
- ¼ C grated fresh coconut
- ½ Tsp sugar
- 2 Tbsp chopped fresh coriander leaves
- 2 Tsp fresh lemon juice

## Preparation

1. Wash and rinse the chickpeas in water and soak them in water for 6-8 hours.
2. In a saucepan combine the chickpeas, 8 cups of water and 1 Tsp salt. Bring to a boil and cook covered over medium heat for 1 hour or until the chickpeas are soft but not broken. Alternately you may pressure cook the chickpeas with 5 cups of water. Drain the chickpeas.
3. Heat oil in a pan over moderately high heat. Add the mustard seeds. When they splutter, add urad dal, chilies, curry leaves and asafetida. Saute the spices for 1 minute. Add the drained chickpeas and the remaining salt. Stir fry the ingredients to completely mix well. Reduce the heat to low and cook covered for 15-20 minutes, while stirring occasionally to ensure the chickpeas don't stick to the bottom of the pan.
4. Add the coconut, sugar and coriander leaves. Mix well and cook for another 5 minutes. Add lemon juice and serve.

\*\* This is a traditional recipe of South India called as “*Sundal*” often made during Dussehra time, practically in most of the homes.

## Serves

4-5

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