

Spicy Curried Chickpeas and Fried Bread

by Anand Lila devi dasi



*"Eating prasadam
is a nice process
of purification."*

Ingredients

Chickpeas:

Dried chickpeas.....	1 ¼ C	Amchur powder.....	½ Tsp
Water.....	6 C	(dry mango powder)	
Bay leaves.....	2	Anardana	½ Tsp
Tomato chopped coarsely.....	1	(dry pomegranate seeds)	
Ginger, minced.....	1 ½ Tbsp	Ghee/oil.....	2 Tbsp
Green chilies.....	2	Cumin seeds.....	1 Tsp
Coriander powder.....	1 Tsp	Tomato paste.....	2 Tbsp
Red chili powder.....	¼ Tsp	Salt.....	1 ¼ Tsp
Chana masala.....	1 ½ Tsp	Chopped fresh coriander leaves...2	Tbsp

- Preparation**
- 1) Wash and drain the chickpeas; soak them in water for 6-8 hours.
 - 2) Cook the chickpeas in water with bay leaf, in a saucepan till butter soft but not broken. Remove from heat.
 - 3) Drain the chickpeas; discard the bay leaves, reserving the liquid.
 - 4) Process the tomato, ginger and green chilies to a smooth puree in a blender.
 - 5) Combine all the dry spices and keep aside.
 - 6) Heat ghee/oil in a saucepan; add cumin seeds, when they darken a few shades, remove the pan from the heat and add the dry spice mixture, sauté for 1 minute. Bring the pan back to heat. Pour the tomato, ginger and green chili puree over the spice mixture. Add the tomato paste and salt. Cook till ghee/oil separates from the tomato spice mixture. Add the chickpeas and enough reserving water; bring it to a boil, reduce the heat to low, cover and simmer until the gravy reduces to a thick sauce. Sprinkle the finished dish with fresh coriander leaves.

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Fried Bread:

Unbleached white flour..... 1 ½ C
Salt½ Tsp
Baking soda¼ Tsp
Yogurt¼ C
Oil3 Tbsp
Water (little more or less, adjust accordingly)¼ C
Oil for deep frying

- Preparation** 1) Combine the flour, salt and baking soda. Making a well in the center, add the yogurt and oil. Adding enough water knead the dough until it is smooth and pliable. Cover with a damp cloth and keep it aside for 1-3 hours to rest.
- 2) Knead the dough again for a few moments and divide it into 15 equal parts; roll out each one on a greased board with the help of a rolling pin, to a circle of about 4 inches in diameter.
- 3) Heat oil in a deep frying pan or wok; carefully slip the breads in hot oil, one at a time. The bread will first sink to the bottom of the pan but will quickly rise to the surface. Press the bread lightly with the back of a slotted spoon, until it puffs up. When the bread is pale brown from lower side, turn it carefully to other side so that both sides are of same color; drain on paper towels and keep warm while you fry the remaining breads. Serve them with curried chickpeas.

Serves four-five