

Cooking with Amanda

Introduction to Indian Food

Chana Masala (Chickpea curry)

- 1 Tbsp canola oil
- 1 Tbsp ground cumin
- 1 Tbsp ground coriander
- 1 tsp chili powder
- 1 tsp ground turmeric
- $\frac{3}{4}$ tsp salt
- 1 medium yellow onion, finely chopped
- 6 cloves garlic, minced
- 2 Tbsp fresh ginger, minced
- $\frac{1}{2}$ cup fresh cilantro, chopped
- 2-3 fresh green chiles, eg. jalapeno (remove seeds to lower the heat) or half a small can chiles
- 1 28-ounce can crushed tomatoes (diced or tomato sauce work too, unsalted preferred)
- 3 cups cooked chickpeas, (2 15-ounce cans, drained)
- 2 tsp sugar (optional)
- 2 Tbsp lemon juice (optional)
- 1 tsp garam masala (optional)

Heat a large pot over medium heat. Add the oil and all the spices including the salt. Cook to bring out the flavors. Add the chopped onion and cook till soft.

The garlic and fresh ginger should be pressed or chopped first to avoid any hard lumps. You can then blend the garlic, ginger, cilantro and chiles together in a small blender, or just chop them finely and mix them in a bowl.

Add the mixture in with the cooked onions and cook for 2-3 minutes.

Stir in the tomatoes and chickpeas, and bring the mixture to a boil. Simmer over a low heat uncovered until you have a thick stew-like consistency. Add extra water if it's too dry.

Taste the mixture and add more salt, chili powder, and sugar as desired. Stir in the garam masala for a richer flavor. Garnish with extra cilantro and lemon juice if desired.

Serve over brown rice, with cabbage curry or a simple steamed green vegetable such as green beans or broccoli on the side.

Cabbage Curry

This recipe is from our Veg-Feasting Cookbook.

This is an easy, quick dry curry that can be made with any vegetable like carrots, broccoli, cauliflower, etc. in place of the cabbage.

- ½ medium cabbage
- 1 Tbsp. expeller pressed canola oil
- 1 tsp. brown mustard seeds
- 1 tsp. cumin seeds
- 2 tsp. curry powder
- 2 tsp. fresh ginger (chopped)
- ½ tsp. sea salt
- ¼ cup fresh cilantro (chopped)

Chop cabbage into small pieces. Heat oil over mid-high heat in a wok style pan. When oil is hot add mustard and cumin seeds. As soon as they pop, add curry powder and ginger. Immediately stir in cabbage and salt. Stir continuously for two minutes. Remove from heat and add fresh cilantro.