



Quick Homemade Chana Masala

We are all missing going out to our favorite restaurants and eating the dishes we don't necessarily cook at home. Here's a recipe for an Indian restaurant staple that can be easily made at home. Plus, as a bonus, the fragrance of these spices should hopefully be a source of comfort at this time.

Note 1: Serve with steamed basmati rice, store-bought naan or roti or whatever bread you have on hand!

Note 2: Authentic Chana Masala is a much darker, richer color and the secret is tea. In Punjab, home cooks add a cheese cloth bundle with black tea leaves in it during the cooking process and then take it out at the end.

Ingredients:

- 2 tablespoons oil
- 1 medium yellow onion, chopped
- 1 medium serrano or jalapeño pepper, minced (remove ribs and seeds to tame the spice level)
- 5 cloves garlic, pressed or minced (about 1 tablespoon)
- 1 tablespoon peeled and minced fresh ginger (about a 1-inch piece)
- 1 ½ teaspoons garam masala
- 1 ½ teaspoons ground coriander
- ¾ teaspoon ground cumin
- ½ teaspoon ground turmeric
- Pinch of cayenne pepper (optional!)
- 1 large can (28 ounces) crushed tomatoes
- 2 cans (14 ounces each) chickpeas, rinsed and drained
- Salt, to taste
- Lemon wedges, for garnish
- Fresh cilantro, for garnish (optional)

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Directions:

- In a medium Dutch oven or large saucepan, warm the oil over medium-low heat. Add the onion, serrano and salt. Cook until the onion is tender and turning translucent, about 5 minutes.
- Add the garlic and ginger, and cook until fragrant, about 30 seconds to 1 minute. Stir in the garam masala, coriander, cumin, turmeric, salt and cayenne (if using), and cook for another minute, while stirring constantly.
- Add the tomatoes and their juices. If using whole tomatoes, use the back of a wooden spoon to break the tomatoes apart (you can leave some chunks of tomato for texture).
- Raise the heat to medium-high and add the chickpeas. Bring the mixture to a simmer. Cook, reducing the heat as necessary to maintain a gentle simmer, for 10 minutes or longer to allow the flavors to develop. Season to taste with additional salt, if desired. If it's not spicy enough for your liking, add another pinch of cayenne.