

Pindi Chhole

'Pind' is the Punjabi word for village. This particular chickpea curry is gorgeously earthy, reflecting the simplicity of village life.

Prep time – 20-25 minutes
Cooking time – 60 – 75 minutes
Serves 4-6

Ingredients:

2 tins of chickpeas (drained), 2inch root ginger juliennes, 2-3 green chillis (optional), ½ tsp turmeric, 1-2 tsp red chilli powder, 1 tsp ground cumin, 2 tsp ground coriander, 1 tsp dried fenugreek, 1 tsp mango powder, 1 tsp tamarind concentrate, ½ tsp Himalayan salt, 1 tsp caraway seeds, salt to taste.

For bouquet garni: empty tea bag or a small square of muslin, 2inch stick of cinnamon, 1-2 bay leaves, 4-5 cloves, 4-5 green cardamoms, 1 black cardamom, 1-2 tsp leaf tea or 2 tea bags.

Method:

In a large saucepan, add 2-3 cups of water to the chickpeas and set it to boil. Place all the ingredients for the bouquet garni within the empty tea bag or muslin cloth and secure tightly. If you are using tea bags instead of loose tea, you can add these to the straight to the pan. Allow the water to come to a boil and then reduce to a simmer. Cover and cook for an hour.

After an hour, uncover and give the mixture a stir. Turn off the heat and remove the spice bag. If it appears that there is a lot of water, remove most of it to a bowl to use later. Add turmeric, red chilli powder, cumin, coriander, fenugreek, mango powder and Himalayan salt to the pan. Do not stir. Allow the spices to sit on top of the chickpeas.

In a small frying pan, heat 2-3tbsp of oil. To this, add the caraway seeds and ginger juliennes. When they start to sizzle, slit the green chillies and add to the pan, if using. Fry until ginger starts to brown, then pour the spiced oil over the chickpeas. Turn the heat back on and allow the curry to come to a boil, before stirring to combine all spices. Turn it to a gentle simmer and allow it to cook for a further 10-15 minutes. You can add the water that we set aside to get a desired consistency for your curry. Finally, check seasoning and adjust. Serve hot with poori or steamed rice.