

Chick Peas with Aromatic Spices Recipe

Ingredients: Serves 4-5

225g split chick peas
50g ghee or unsalted butter
2 x 2.5cm pieces of cinnamon stick
6 green cardamom pods, bruised
2 bay leaves
1 large onion, finely chopped
1-2 dried red chillies, roughly chopped
½ teaspoon ground turmeric
½ teaspoon chili powder
1 teaspoon salt
600ml warm water
50g desiccated coconut
2 ripe tomatoes, skinned and chopped
2 tablespoons chopped fresh coriander leaves
rice or bread, to serve

Method:

Wash the split chick peas in several changes of water and soak them for 2-3 hours. Drain well. Melt the ghee or butter over a low heat and add the cinnamon, cardamom and bay leaves. Let them sizzle for a few seconds until the cardamom pods are puffed. Add the onion and red chillies and increase the heat to medium. Fry them until the onion is lightly browned (8-9 minutes), stirring regularly to ensure even browning. Add the chick peas and stir-fry for 2-3 minutes then stir in the turmeric and chili powder. Continue to stir-fry for a further minute or two then add the salt, warm water and coconut. Bring to the boil, cover the pan tightly and reduce the heat to low. Simmer for 35-40 minutes or until the chick peas are tender but not mushy. Add the tomatoes, cook for about 1 minute and then stir in the coriander leaves. Remove from the heat and serve with any rice or bread.