

# MÆEL

## INGREDIENTS:

- Olive oil*
- 1 medium onion, coarsely chopped*
- 2 cloves garlic, minced*
- 1 tsp. cumin seeds*
- ½ tsp. ground coriander*
- ¼ tsp. ground ginger*
- 1 tsp. garam masala*
- ½ tsp. amchoor powder*
- 3 cardamom pods, lightly crushed*
- ¼ cup water + 4 Tbsp. water*
- 1 28-ounce can whole tomatoes*
- 1 tsp. sea salt, or to taste*
- 1 Tbsp. cilantro leaves, roughly torn*
- A pinch of cayenne, or to taste*
- 2 15oz cans chickpeas, drained and rinsed*
- 6-8 Tbs plain yogurt, optional*
- A few lemon wedges, optional*



SERVINGS: 4  
TIME: 30 MIN

ADAPTED FROM ORANGETTE

## chana masala

1. Coat the bottom of a large saucepan with olive oil, and place the pan over medium heat. Add the onion, and cook, stirring frequently, until deeply caramelized and even charred in some spots.
2. Reduce the heat to low. Add the garlic, stirring, and add a bit more oil if the pan seems dry. Add the cumin seeds, coriander, ginger, garam masala, and cardamom pods, and fry them, stirring constantly, until fragrant and toasty, about 30 seconds. Add ¼ cup water, and stir to scrape up any brown bits from the bottom of the pan. Cook until the water has evaporated away completely. Pour in the juice from can of tomatoes, followed by the tomatoes themselves, using your hands to break them apart as you add them; alternatively, add them whole and crush them in the pot with a potato masher. Add the salt.
3. Raise the heat to medium, and bring the pot to a boil. Reduce the heat to low, add the cilantro and cayenne, and simmer the sauce gently, stirring occasionally, until it reduces a bit and begins to thicken, about 8-10 minutes. Add the chickpeas plus 4 Tbsp. water, stirring well, and cook over low heat for another five minutes. Taste, and adjust the seasoning as necessary.
4. Stir in the yogurt and garnish with more cilantro. Serve over basmati or brown rice with lemon wedges on the side.