

ANITA'S CHICK PEA CURRY

(SERVES 4)

Ingredients

800g tinned chick peas (drained)

2/3 medium onions (chopped)

Three large ripe tomatoes (roughly chopped) or half tin of plum tomatoes

3 cm cube of fresh ginger

Two green chillies, (finely chopped) according to taste

One teaspoon salt

One and half teaspoons gharam masala

One teaspoon tomato puree

quarter teaspoon of tumeric powder

Mango powder/two tablespoonslemon juice

One tablespoon of olive oil.

tamarind sauce/half onion cut into long slices to garnish

Method

Heat the oil over medium heat in a deep pan or wok. Add the cumin seeds and heat until the seeds begin to sizzle. At this point, add the chopped onion, ginger and chillies fry on low heat until they are a golden brown colour. Stir in the tumeric until this absorbs into the onion mixture, then mix in the tomato puree.

The chopped/tinned tomatoes can now go in and cook for a further 5mins, stirring well until the sauce has matured and started to glisten. The garam masala, salt, mango powder (if used) can now be added. To this mixture introduce the tinned chick peas, and 50ml (1/2 cup) water. Cover and simmer together for 10 minutes on low heat to let the chick peas take up the sauce flavours (if further water required during cooking, use boiling water from the kettle).

Turn off the heat and serve garnished with finely sliced onion and tamarind sauce.

Delicious served with fragrant basmati rice, pitta, naan/chapati/bhatura.