

Recipe- Choley

Choley



Ingredients

Chickpeas/ Choley 1 cup (Soaked overnight)

Salt 1 tsp (or according to taste)

Amla Powder 1 tsp

Ghee 1 tbsp

Asafoetida/ Hing 1 pinch

Jeera 1 tsp

Onion 1 medium

Green Chili 5 medium

Ginger Garlic Paste 2 tsp

Tomato puree 1 cup

Red Chili 1 tsp (or as per your taste buds)

Chole Masala 3 tsp (Store brought)

Method

- Wash and drain choley properly.
- Take a pressure cooker and boil choley with 1 tsp salt and 1 tsp amla powder.
- When done mash choley a little bit with a heavy spoon (Fig 1).
- Now take 1 tbsp ghee in another pan and heat on high flame.
- When ghee is hot enough add jeera and hing, let it cracker.
- Then add chopped onion and fry untill pink in color.
- Add Ginger garlic paste and fry.
- Add green chili and fry (Fig 2).
- Add tomato puree and fry til it starts leaving sides (Fig 3).
- Add red chilli powder and chola masala, fry for few minutes.

- Reduce the flame to low and cover the pan for 5 minutes.
- Add boiled choley and mix well.
- Cover and cook on low flame for another 10 minutes.
- Garnish with onion, ginger and green chilis.
- Serve hot with rice, bhature or chapati.



Tips

If you do not eat onion you may omit this from recipe and follow the procedure.

While boiling choley add amla powder, it will give dark color as well you may not need to put extra aamcur powder.

Mash them a bit for the gravy texture.

Adjust the chilis according to your taste.

“Be Vegetarian be Happy”

“Live and Let Live”

Recipe- Creamy Curd Dip

Creamy Curd Dip



Ingredients

Curd 2 cups
Ginger 1 tsp (Grated)
Green Chili 0.5 tsp (Grated)
Roasted Jeera Powder 1 tsp
Red Chili powder 0.5 tsp
Dry Mint Leaves Powder 2 tsp
Salt 0.5 tsp (or according to taste)

Method

- Hand curd in a muslin cloth for 1 hour so that all water/ whey gets drained from it.
- Remove the hung curd in another bowl.
- Add grated ginger, green chili, roasted jeera powder, red chili

powder, dry mint leaves powder and salt, mix well.

- Refrigerate for 10-15 minutes.
- Garnish with jeera powder, red chilli powder and dry mint leaves powder and serve.

Tips

Adjust chilli as per your taste.