

Channa Curry

Ingredients:

1/3 cup channa (red) (soak for 4 hours in water)

For kadhi:

1 stalk curry leaves
2 green chillies, slit lengthwise
1 tsp. coriander leaves freshly chopped
1 cup slightly sour curds
1 tbsp. gram flour
1/2 tbsp. wheat flour
1 tsp. red chilli powder
1/4 tsp. turmeric powder
salt to taste
3-4 pinches asafoetida
1/2 tsp. each mustard & cumin seeds
2 cups water
2 tbsp. ghee

Method:

1. Add plenty of water and pressurecook chawlibeans till very tender to touch. (Approx. 4 whistles should suffice).
2. Cool cooker before opening lid.
3. Drain, wash with running water, drain, keep aside.

For Kadhi:

1. Mix chilli powder, turmeric powder, salt in 1/2 cup water, keep aside.
2. Beat the curds till smooth
3. In 2 cups water add both flours and beat till no lumps are left.
4. Add cooked channa in the above mixture
5. Heat ghee in large deep pan, add seeds and curry leaves and green chillies.
6. Allow to splutter, add asafoetida, add masala paste.
7. Simmer and stir till ghee floats on top.
8. Remove a tbsp. of this ghee layer in a cup, and keep aside.
9. Add beaten curd mixture, stir continuously, till it boils.

10. Add flour, channa and water mixture and bring it to boil
11. Reduce flame, allow to simmer for 7-8 minutes, stirring occasionally.
12. Taste and check for salt and sourness.
13. If not sour at all, add a pinch of citric acid crystals, to taste.
14. Pour into serving dish, garnish with chopped coriander and masala ghee kept aside.
15. Serve hot with steamed hot rice, dry sabzi and papadams. (Consistency: Kadhi should be pourable easily, and leave behind a thin coating on spoon after pouring.)

Making time: 30 minutes

Makes: 4 servings

Shelflife: 10-12 hours at room temperature