

# Sundal Kulambhu / Chickpeas Curry



*Chickpeas Curry or Sundal Kulambhu is a traditional dish in South India which is healthy, tasty, tangy and flavorful. When combined with plain hot boiled rice mixed with little sesame oil or ghee , this makes a wonderful lunch . This can be made with drumsticks or baby eggplant. This dish and rice goes well with keerai masiyal or mashed spinach.*

## **Ingredients**

- 1/2 Cup of Boiled Chickpeas**
- 1 Chopped Onion(Big)**
- 5 Garlic Cloves**
- 1 Tbsp of Tomato Puree**
- Lemon Size Tamarind**

**1/2 Tsp of Turmeric**  
**1 Tbsp of Kulambu Masala Powder**  
**1/2 Tsp of Sugar or Jaggery**  
**Salt and water as needed**

### **To Temper**

**2-3 Tbsp of Gingelly(Sesame Oil)**  
**3 Red Chillies**  
**1 Tsp of Mustard**  
**1 Tsp of Urad Dal**  
**1/2 Tsp of Fenugreek**  
**Few Curry Leaves**  
**Pinch of Hing(Asafoetida)**

### **Method**



**Ingredients**

- **Soak chickpeas in salt water for overnight (8 hrs)and cook in a pressure cooker with salt and water just enough to immerse chickpeas for 3 whistles then turn to low heat and keep it for 10 mins and then turn off.**
- **Heat oil in a pan and add red chillies, wait until it turns to dark brown color.**
- **Add mustard, urad dal, fenugreek, curry leaves and hing (add one by one)**
- **Add chopped onion and salt saute for few mins until it turns transparent.**

- Add garlic and fry for few mins.
- Add tomato puree, turmeric, kulambu masala powder and drumsticks. Sprinkle some water and cover it with a lid and cook in a medium flame for 3-4 mins.
- Now add cooked chickpeas and tamarind juice. Mix well and cook in medium flame for 7-10 mins.
- When the kulambu gets thick enough, add sugar and turn off the stove.
- Transfer to a serving bowl and enjoy with rice...



### Tips

- When you soak the chickpeas for overnight add some salt so that it soften the skin and also reduce the cooking time. Wash it 2-3 times before you pressure cook.
- Use shallots instead of big onion.
- You can use 2 tsp coriander powder and 1tsp of chilly powder instead of kulambhu masala powder.



## Health Benefits of Chickpeas

- High in fiber and protein.
- Low in glycemic index.
- Reduce the risk of Heart disease.