

Easy Chole Masala Recipe / How to make Chole Bhatura



Chole Masala

Chole Masala (Channa Masala) is a delicious and popular curry from Punjab. In India, it is often eaten with [Bhatura](#) and it is popularly called chole-bhatura. In this easy chole masala recipe (punjabi style), chickpeas are simmered with the mixture of onion, tomato, ginger garlic paste and spices. The great thing about this chole masala dish is spices we add make the curry fragrant and tasty. This chickpeas curry is without coconut can be served for [bhatura](#) or [roti](#) or rice.

Ingredients for Easy Chole Masala Recipe

Preparation Time: 8 hrs Cooking Time : 40 mins Serves : 5

To Pressure Cook

- 2 Cups of Chole (Chick Peas)
- Water as needed
- 1 Tsp of Oil
- Salt to taste

Spice Mix for Chole Masala

- 10 Black Pepper
- 2 Cloves
- 2 Black Cardamom
- 1 Medium size Cinnamon
- 1 Bay Leaf
- 1.5 Tsp of Cumin
- 1.5 Tsp of Fennel Seeds
- 2 Tsp of Coriander Powder
- 2 Red Chillies

To Make Gravy

- 3 Onion, Finely Chopped
- 5 Garlic Cloves + 1/2 Inch Ginger, Crushed to paste using mortar and pestle
- 1 Green Chilly, Slit it
- 4 Tomatoes
- 1/4 Tsp of Turmeric Powder
- 1/4 Tsp of Garam Maslaa
- 1/2 Tsp for Red Chilly Powder
- salt to taste
- 1 Tsp Lemon Juice or Pinch of Amchur Powder
- Cilantro for garnishing

Method for Easy Chole Masala Recipe

- Soak the chickpeas in water for overnight or 6-8 hrs. After that, rinse the chickpeas in a running tap water.
- In a pressure cooker, add chickpeas, required water, salt and oil, cook it for 15 whistles.
- Heat a pan, add all the spices listed under spice mix, roast it in a medium low flame, until they turn light brown and fragrant. After it cool down, grind in a dry grinder / mixie and keep it aside.
- Heat the same pan with oil, when it is hot, add onion, fry until it turns golden brown. Next, add ginger garlic paste, fry until raw smell vanishes.
- Then add the green chilly, turmeric powder, red chilly powder, garam masala and spice mix powder, fry well.
- Add tomatoes, saute them until it turns mushy.
- Then add cooked chole (chickpeas), stir well with masala.
- Add stock water in which chickpeas was cooked and add salt, mix well. Cover the pan with a lid and cook it in a low flame for 20 mins until the gravy turns thick. Finally mash some of the chickpeas, so that the consistency turns little thick but not thin. Turn off the stove.
- Finally add lemon juice, mix well. Garnish the chole masala with chopped corinader leaves.
- Serve this chickpeas curry with [bhatura](#).

Tips

- To save time, use canned chickpeas instead of dried ones.
- Adjust the amount of spicyness according to your taste.
- You can also use tomato paste in place of fresh tomatoes.



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Tags: [channa masala](#), [chole masala](#), [chole masala recipe](#), [chickpeas curry](#), [easy chole masala recipe](#), [bhatura chole masala recipe](#), [channa masala recipe](#), [punjabi chole masala](#), [prepare chole masala](#), [how to make chole masala](#), [north indian channa masala](#), [restaurant style chole masala](#), [side dish for naan and bhatura](#),

Matar paneer Recipe | Mutter Paneer | Paneer Peas Curry

Matar Paneer / Paneer Peas Curry is a delicious and yummy curry of peas and a soft chunky pieces of paneer (cottage cheese) cooked in a onion tomato sauce, flavoured with aromatic spices. This paneer peas masala goes well with chapathi, naan, phulka or pulao. Try this delectable, creamy matar paneer to chapathi as it bring North Indian flavour right to your home.



Ingredients

- 1 Packet (200 gms) Paneer (Indian Cottage Cheese)
- 1 Cup of Green Peas, Boiled

- 2 Tsp of Coriander Powder
- 1 Tsp of Kasmiri Red Chilly Powder
- 1/2 Tsp of Garam Masala
- 1 Tsp of Kasuri Methi (Dried Fenugreek Leaves)
- 1/2 Cup of Milk (Full Fat)
- 2 Tbsp of Butter
- 3/4 Tsp of Cumin
- 3 Tbsp of Oil
- Salt To Taste

To Grind

- 4 Medium Size Tomatoes
- 1 Large Onion
- 1 Clove
- 1 Cardamom
- 1 Cinnamon
- 5 Garlic Cloves
- 1/2 Inch Ginger
- 5 Cashews



Method

- Toast the both sides of paneer by placing them in a oil coated dosa pan (Tawa) and keep it aside.
- Boil the peas in microwave or pressure cooker for 10

mins. Keep it aside.

- Heat oil in a pan, add clove, cardamom, cinnamon, onion, fry for 2 mins, add ginger, garlic, saute this for another 2 mins until raw smell vanishes, finally add tomatoes and cashews, saute this for 2 mins. Turn off the heat. Let it cool down and grind this in mixie into a smooth paste.
- Heat a pan with oil, add cumin (Jeera), after it sizzles, add ground paste and salt, fry this for 3-5 mins until oil separates.
- Now add coriander powder, kashmiri red chilly powder and garam masala, fry this for 2 mins. Add 1/2 cup of water and allow this to boil for 5 mins.
- Add boiled peas and kasuri methi, mix well with masala. Add milk and toasted paneer, cook it for 5 mins. Turn off the flame. Finally add butter and mix well.

Yummy, thick and creamy Mutter Paneer is ready to serve with roti or chapathi or naan.

Tips

- You can add fresh panner or toasted paneer or deep fried paneer to this recipe.
- Use normal red chilly powder or green chilly instead of Kashmiri chilly powder..
- You can also make this dish without onion and garlic.
- To make this dish more creamy, add 1/2 cup cream instead of milk.

Health Benefits of Peas and Paneer

- Paneer : good source of calcium, protein and it prevents stomach disorders.
- Peas : good for bones & heart, prevents constipation, strengthen the immune system



[Rajma Capsicum Curry](#)



Kidney beans is also called Rajma, is a well known pulse that is extensively used all over the world in the preparation of variety of dishes, particularly in dishes like rice, curries, salad or toppings. Kidney beans are rich in iron, protein, fiber and other minerals. Consumption of this beans gives you a healthy heart.

Coming to Rajma Capsicum Curry recipe, this dish is made from kidney beans(Rajma). You can use dried rajma or canned variety to make this curry. If you prefer to cook with the dried variety, soak the beans in water for at least eight hours, boil in a pressure cooker or crock pot, until they turn very soft. This Rajma Capsicum Curry is easy to make with the simple ingredients, delicious in taste with hot [chapathi](#) or phulka or naan. Try this Rajma Capsicum Curry recipe and let me know your feedback.

- Preparation Time : 30 Mins
- Cooking Time – 20 mins
- Serves -2

Ingredients – Rajma Capsicum Curry

- 1.5 Cups of Cooked Rajma/ Kidney Beans
- 1 Small Green Bell Pepper (Capsicum)
- 1 Medium Onion, Finley Chopped (About 1/2 Cup)
- 2 Medium Garlic Cloves, Minced
- 1 Tsp of Fresh Ginger, Minced
- 1/2 Tsp of Turmeric Powder
- 2 Medium Size Tomatoes, Finely Chopped
- 1.5 Tsp of Red Chilly Powder / Cayenne Pepper
- 1/2 Tsp of Garam Masala
- Salt to taste
- 1/4 Cup of Cilantro (Coriander Leaves), Finely Chopped
- 1/2 Tsp of Cumin (Jeera)
- 2 Tsp of Vegetable Oil

Method – Rajma Capsicum Curry

- Heat the oil in a skillet or a pan over medium heat.
- When the oil is hot, add the cumin seeds and fry until the lightly browned and fragrant, about 5 seconds.
- Stir in the onion, garlic, ginger and turmeric powder and cook, stirring occasionally, until the onion is soft, about 5 mins.
- Add the tomatoes, bell pepper, garam masala, red chilly powder and salt, cook until the tomatoes and bell peppers are soft, about 5 mins.
- Add the Kidney beans(Rajma) and 1 cup of water and bring the mixture to a boil. Reduce the heat to medium low, cover the pan and cook, stirring from time to time, until the mixture thickens and a sauce forms, about 10 mins.
- Add more water if prefer a thinner sauce. Transfer the beans to a serving dish, sprinkle with chopped cilantro

and onion, and serve hot with [chapathi](#) or naan or phulka.



Tips

- You can add green chilly for more spicy taste.
- You can use dried kidney beans or canned beans to make this curry.
- Use butter or ghee to get a rich taste of curry.
- You can also add dried methi leaves for a different twist to the dish.

Health Benefits of Rajma(Red Kidney beans)

- Kidney beans are high in Iron and protein, it has eight essential amino acids in it.
- The darker the color of the beans has higher, the anti-oxidant content.
- Maintains the blood sugar.
- Good for brain.
- Improves bowel Movements

- High in magnesium and fiber helps in lowers the blood cholesterol levels.

