Easy Chole Masala Recipe / How to make Chole Bhatura



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.



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,

Zucchini Raita Recipe / Zucchini and Yogurt Salad



Zucchini Raita Recipe is a wonderful salad on hot summer days. Also it is a great side dish and it goes well with spicy rice dishes like biryani or pulao or roti or use it as dip for vegetable. This zucchini raita is creamy and yummy in its taste and I used yellow zucchini, you can also use green

zucchini which are available in market. Making zucchini raita is easy, I have used regular homemade yogurt to make this raita, use greek yogurt which turns the raita thick and delicious. Zucchini and yogurt salad are loaded with nutrients and good for the skin. So try this bowl of zucchini raita Recipe with yogurt for summer and enjoy with hot and spicy biryani.

Preparation Time : 10 mins Cooking Time : 10 Mins Serves : 3

Health Benefits of Zucchini

- Lowers cholesterol and blood pressure.
- Helps in weight management.
- Prevents cancer, heart attacks and stroke.
- Good for eyes, hair and skin health.

Ingredients for Zucchini Raita Recipe

- 1 Yellow Zucchini, Chopped into small pieces
- 1 Large Onion, Finely Chopped
- 2 Cups of Thick Yogurt (Curd)
- 1/2 Tsp of Black Pepper Powder
- 1/8 Tsp of Roasted Cumin Powder
- Pinch of Hing (Asafoetida)
- Salt to taste
- Coriander leaves to garnish

Method

- Wash and chop the zucchini into small pieces.
- In a bowl, whisk the yogurt (curd) until it turns smooth and creamy consistency, now add chopped zucchini pieces, chopped onion, roasted cumin powder, black pepper powder, hing and salt. Gently mix it with a spoon.
- Yummy, creamy zucchini raita is ready. Garnish with coriander leaves.
- Refrigerate and serve chilled as side dish for biryani

or for chapathi.

Tips

- Make this raita when you are ready to serve otherwise zucchini leaves water which makes raita watery.
- You can also do tempering with oil, mustard seeds and curry leaves and add it to the raita at the end.
- Adjust the amount of yoghurt to your taste.
- You can add grated zucchini or chopped zucchini for this raita.
- Replace with green zucchini to make raita.


Zucchini Yogurt Salad
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Author: Gayathri Ramanan
Recipe type: Salad
Cuisine: Indian
Ingredients

- 1 Yellow Zucchini, Chopped into small pieces
- 1 Large Onion, Finely Chopped
- 2 Cups of Thick Yogurt (Curd)
- ½ Tsp of Black Pepper Powder
- ⅛ Tsp of Roasted Cumin Powder

- Pinch of Hing (Asafoetida)
- Salt to taste
- Coriander leaves to garnish

Instructions

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