



## Amritsari Chole



### Ingredients:

#### For Chole:

- White chickpeas 1 cup
- Water for soaking 1 litre
- Black peppercorns 8–10
- Cinnamon stick 1 inch
- Green cardamom 4–5
- Black cardamom 1–2
- Cloves 4–5
- Sliced onions 1/3 cup
- Garlic cloves 7–8
- Ajwain 1 tsp
- Salt to taste
- baking soda 1 tsp
- Water to cover chole
- Tea bags for colour 3–4

#### For Chana Masala:



- Dried red chilies 3–4
- Green cardamom 3–4
- Black cardamom 1–2
- Fennel seeds/saunf 1 tsp
- Cumin seeds 2 tsp
- Cinnamon stick 1 inch
- Black peppercorns 5–6
- Cloves 6–7
- Coriander seeds 3 tsp
- Bay leaves 2–3
- Kasuri methi 1 tsp
- Anardana 1 tbsp

### For Gravy:

- Fortune Soybean Health Oil 2–3 tbsp
- Ginger garlic paste 1 tbsp
- Hing ½ tsp
- Chana masala powder 2 tbsp
- Jeera powder 1 tsp
- Black pepper powder ½ tsp
- Dry ginger powder ½ tsp
- Aamchur powder 1 tsp
- Tomato puree ½ cup
- Slit green chillies 2–3
- Ginger (julienned) 2 inch
- Salt to taste
- Chopped fresh coriander 2 tbsp

### Steps

- First soak the chickpeas in enough water for a minimum of 6–8 hours and preferably overnight. Drain excess water once soaked.
- **Technique in focus #1:** Make Masala Potli to infuse flavours into the chole. This also makes it easy to remove the whole spices once flavours are infused.
- In a muslin cloth add all the whole spices black peppercorns, cinnamon stick, green cardamom, black cardamom & cloves. Tie to make a potli just like a bouquet garni. This will infuse flavours of all the spices into the chole while boiling and it would be easier to remove the spices once the flavours are infused.
- **Technique in focus #2:** Add all condiments and spices while boiling the chickpeas for flavourful chole.



- For this, in a cooker add the soaked chickpeas, 3 cup sliced onions, garlic cloves, ajwain, salt to taste & baking soda. Now add water and the level of water should be just above the chickpeas.
- **Technique in focus #3:** Add 3-4 tea bags for the dark colour. This also reduces the bitter taste of baking soda which we have added to cook the chickpeas thoroughly and also reduces the cooking time.
- Add the spice potli and cover the pressure cooker and cook for six whistles. Switch off the heat and now let the cooker cool down by itself. Do not open it until the steam has completely escaped.
- **Technique in focus #4:** Make your own Chana Masala Powder for fresh aromatic flavour.
- Dry roast all the whole spices and other ingredients for a couple of minutes on low heat. Cool the spices down and grind them together in a mixer grinder to make a fine powder.
- **Technique in focus #4:** Add the secret ingredient – anardana. This adds colour and gives a tangy flavour.
- Your home-made Amritsari chole masala is ready.
- Making fresh chole masala will add up freshness and a very nice aroma to the chole.
- In a kadhai or a deep pan on a medium flame, add Fortune Soyabean Health Oil and let the oil heat up moderately.
- Now add ginger garlic paste, hing, chana masala powder, jeera powder, black pepper powder, dry ginger powder, aamchur powder and give it a stir. Let the ginger garlic paste and other spices release some aroma.
- Now add in the tomato puree and let it simmer for 3–4 minutes and add the cooked chole.
- Cook for 10 minutes on a medium flame and stir occasionally, do not over stir otherwise the chole will get mashed.
- Now add 2–3 slit green chillies and julienned ginger, adjust salt and stir.
- Finish with some freshly chopped coriander and garnish with julliened ginger.
- Your Amritsari chole is ready to be served with some hot bhature and kulche.