



Get ready for an exceptional feature in this edition of *The Ambassador*! A renowned Research Associate Professor at Central State University, Dr. Pratibha Gupta, is sharing an irresistible recipe. Prepare to be amazed by the delightful flavors of a traditional Indian dish: Chickpea Curry (Chana Masala) served with crispy, golden Fried Poori. This tantalizing meal, bursting with aromatic spices and vivid hues, is a versatile and heartwarming choice for any occasion, whether it's a delightful family dinner or a grand celebration. Don't miss the chance to savor the authentic taste of India, straight from Dr. Gupta's own kitchen!

Chickpea Curry (Chana Masala)

Ingredients

Curry:

- 2 cups cooked chickpeas (or one 15 oz can, drained and rinsed)
- 2 medium onions, finely chopped
- 2 medium tomatoes, finely chopped
- 1-2 green chilies, slit (optional)
- 1 tablespoon ginger-garlic paste
- 2 tablespoons vegetable oil or ghee
- 1 teaspoon cumin seeds
- 1 bay leaf
- 1-inch cinnamon stick
- 2-3 cloves
- 1 teaspoon turmeric powder
- 1 teaspoon red chili powder (adjust to taste)
- 1 teaspoon coriander powder
- 1 teaspoon garam masala
- 1 teaspoon cumin powder
- Salt to taste
- 1 tablespoon fresh lemon juice
- Fresh cilantro leaves, chopped (for garnish)

Gravy base:

- 1 cup water (adjust for desired consistency)
- 1/2 teaspoon sugar (optional, to balance flavors)

Instructions

1. Prepare the base:

- Heat oil or ghee in a deep pan over medium heat. Add cumin seeds, bay leaf, cinnamon stick, and cloves. Let them splutter.



- Add chopped onions and sauté until golden brown.
- Add the ginger-garlic paste and green chilies. Cook until the raw smell disappears.
- Add chopped tomatoes and cook until they soften and release oil from the sides.

2. Add spices

- Add turmeric powder, red chili powder, coriander powder, and cumin powder. Mix well and cook for a minute until the spices are aromatic.

3. Add chickpeas

- Add the cooked chickpeas to the pan and stir to coat them with the spice mixture.

4. Simmer the curry

- Add water and bring the curry to a simmer. Cover and let it cook for about 10-15 minutes on low heat, allowing the flavors to meld.
- If the gravy is too thick, add more water as needed. If too thin, let it cook uncovered until it reaches the desired consistency.

5. Finish the dish

- Add garam masala, salt, and lemon juice. Stir well and cook for another 2 minutes.
- Turn off the heat and garnish with fresh cilantro leaves.

6. Serve

- Serve hot with Pooris, rice, or any Indian bread.

Fried Poori (Indian Bread)

Ingredients

- 2 cups whole wheat flour (atta)
- 1/2 teaspoon salt
- 1 tablespoon oil or ghee (for the dough)
- Water (as needed to make the dough)
- Oil for deep frying

Instructions

1. Make the dough:

- In a mixing bowl, combine the whole wheat flour and salt.
- Add 1 tablespoon of oil or ghee and mix well with your fingers until the mixture resembles crumbs.



- Gradually add water, a little at a time, and knead the dough until it's smooth and firm. It should be stiffer than regular chapati dough but not too hard.
- Cover the dough with a damp cloth and let it rest for 15-20 minutes.

2. Shape the pooris:

- Divide the dough into small lemon-sized balls.
- Roll each ball into a smooth round.
- Lightly dust the rolling surface with flour and roll out each ball into a circle about 4-5 inches in diameter. The poori should be slightly thick and even.

3. Fry the pooris:

- Heat oil in a deep frying pan over medium-high heat.
- To check if the oil is ready, drop a small piece of dough into the oil. If it rises to the surface quickly and puffs up, the oil is ready.
- Gently slide one rolled poori into the hot oil. Using a slotted spoon, press it gently to help it puff up. Once it puffs up and turns golden, flip it over and cook the other side.
- Fry until both sides are golden brown and crispy. Remove and drain on paper towels.
- Repeat the process with the remaining dough.

4. Serve:

- Serve the hot pooris immediately with the chickpea curry.