

LIFE  
**FOOD**



Photo credit: Brassaii

## Chana (chickpea) Masala on Basmati rice, served with soft goat cheese

Brassaii chef Marcus Monteiro teaches us the Chana Masala recipe he served to Sir Ben Kingsley.

DEVON SCOBLE - NOV 27

SHARE



### CHANA MASALA

#### WHAT YOU NEED

- 1 tbsp. olive oil
- 1.5 tsp cumin seeds
- 1 pc Spanish onion, small dice
- 1 tbsp. garlic, minced
- 1 tbsp. ginger, minced
- 1 Serrano pepper, minced
- 1.5 tsp garam masala spice
- 1.5 tsp coriander seeds, ground
- 1/2 tsp turmeric, ground
- 3/4 tsp sea salt
- 1/4 tsp cayenne pepper
- 1 litre whole tomatoes, peeled
- 3 cups chickpeas, drained and rinsed

#### WHAT TO DO

- 1 In a saucepan, heat olive oil on a medium heat.
- 2 Add cumin seeds and toast for 2 minutes. Do not burn.
- 3 Add onions, garlic, ginger and Serrano peppers and sauté for roughly 5 minutes, stirring often.
- 4 Stir in the garam masala, coriander, turmeric, salt and cayenne and cook for 2 more minutes.
- 5 Add the whole, peeled tomatoes and their juices. Use the back of a wooden spoon to break up the tomatoes.
- 6 Finish by adding the chickpeas.
- 7 Season with salt and pepper to taste.

### BASMATI RICE

#### WHAT YOU NEED

- 1 cup basmati rice
- 2 cups water
- 2 pinches salt
- 1 pinch pepper

#### WHAT TO DO

- 1 In a large pot, add water and bring to a boil.
- 2 Add rice. Cover pot and boil for 30 minutes.
- 3 Remove from heat, strain pot and cover rice. Let stand (steam) for 10 minutes.
- 4 Using a fork, fluff rice, then season with salt and pepper
- 5 To plate, spoon chickpea masala onto a bed of basmati rice. Place a dollop of goat cheese on top of the chickpeas and garnish with chopped scallions.

TAGS: BRASSAII CHANA MASALA RECIPE TORONTO

### MUST WATCH



VIDEO  
Fighting a cold? Here's what you should and shouldn't do



VIDEO  
Vanilla Ice is in some very hot water after being arrested



VIDEO  
The most gorgeous part of Gaga's new ring is what you can't see



VIDEO  
11 rude things we all secretly do



VIDEO  
It's so darn cold, Niagara Falls has almost frozen over

### THIS WEEK'S FLYERS