



Chickpea curry

Marcel Skibba



Method for the dhal spice mix

Mix the spices, crush finely and toast gently in a pan.

Method for the chickpea dhal

Sauté the onions and garlic in the melted ghee until translucent. Peel and roughly slice the ginger, add to the onions along with the palm sugar and dhal spice mix, season with salt and cook gently. Add the peeled tomatoes, chickpeas, chickpea water and kaffir lime leaves to the onions, cover and cook over a low heat for 60 mins. Before serving, season to taste with lime juice, palm sugar, dhal spice and salt. Garnish with the chopped spring onions, diced tomato, chopped coriander greens and red onion rings. Serve with yoghurt and chapati or paratha bread, as desired.

Rezept für 8

Ingredients for the dhal spice mix

- 15 g cumin
- 15 g coriander
- 10 g fennel seed
- 10 g turmeric
- 10 g fenugreek
- 5 g cardamom
- 5 g mustard seed
- 5 g chilli flakes
- 3 g star anise
- 3 g black pepper
- 2 g mace
- 1 g bay leaf
- 1 g clove
- 1 g cinnamon

Ingredients for the chickpea dhal

- 500 g chickpeas, soaked
- 200 g chickpea water
- 200 g onions, brunoise
- 200 g peeled tomatoes
- 100 g ghee / clarified butter
- 30 g garlic, brunoise
- 50 g spring onions
- 20 g coriander greens
- 20 g dhal spice mix
- 20 g palm sugar
- 6 kaffir lime leaves
- 1 fresh tomato, diced
- 1 lime
- 1 red onion
- 1 piece ginger (approx. 3 cm)
- Salt



Method for the paratha bread

Mix all of the ingredients in the food processor for 6 mins. on a low setting. Then knead on a medium setting for a further 8 mins. to form a smooth dough, wrap in cling film and leave to rest in the fridge for at least 30 mins. Divide the paratha dough into four portions, shape into rounds, brush with the vegetable oil and roll into flatbreads. Throw the paratha flatbreads to stretch the dough until wafer-thin, fold in long ribbons and roll back into flatbreads. In a non-stick pan, fry the bread on both sides in a little melted ghee until golden. Serve warm.

Ingredients for the paratha bread

500 g wheat flour, type 550
250 g water
60 g ghee / clarified butter
1 egg
salt
sugar
vegetable oil for shaping