

CHANA MASALA

MISE EN PLACE - MIDDLE SCHOOL

TEAM: EDMUNDS MIDDLE SCHOOL TEAM #2

EDMUNDS MIDDLE SCHOOL

ingredients

½ head cauliflower
2 tablespoons olive oil
1 ½ teaspoon salt
¼ teaspoon black pepper
½ teaspoon turmeric
2 tablespoons ghee
1 white onion

3 cloves garlic
1 small knob ginger
1 teaspoon garam masala
15 ounces chickpeas
1 14 ounce can tomato sauce
15 ounces coconut milk
1 lime
½ bunch cilantro

preparation instructions

Heat the oven to 350°. Break down the cauliflower into small, bite sized pieces. In a large mixing bowl, combine the cauliflower pieces with 2 tablespoons olive oil, ½ teaspoon turmeric, ¼ teaspoon of black pepper, and ½ teaspoon salt. Lay in a single layer on a parchment paper lined sheet tray and roast for 16-18 minutes. Remove from the oven and set aside to cool.

Slice the top off the onion, then peel the skin off. Leave the root end on, then make a few cuts most of the across the onion just shy of the root. Turn the onion 90° then slice thinly against the cuts into a small dice. Place the onions in a small bowl. Mince the garlic and the ginger and set aside in a separate small bowl with the garam masala.

Heat a large saute pan on medium high heat. Add two tablespoons of ghee, the diced onions, and ½ teaspoon salt. Stir frequently until the edges of the onions begin to crisp slightly and they become translucent. Drop the heat to medium low, add the garlic, ginger, and garam masala. Stir constantly for 2 minutes, being sure to not let the garlic burn. Stir in the tomato sauce, coconut milk, and ½ teaspoon salt and increase the heat to medium. Once up to a simmer, add the chickpeas. Allow the mixture to simmer for 10-15 minutes on low heat. Finish by tossing in the cauliflower and simmer for 2 minutes.

Serve with minced cilantro leaves, and lime wedges.