

Chana masala recipe



CHANA MASALA RECIPE | HOW TO MAKE CHANA MASALA IN RESTAURANT STYLE



Simple chana masala recipe made in restaurant style. Chana masala is a popular Indian side dish made with chickpeas in an onion tomato gravy. It goes great as a side with rice, paratha or roti.

Prep Time

10 minutes

Cook Time

40 minutes

Total Time

50 minutes

Servings

3 to 4

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INGREDIENTS (1 CUP = 240ML)

Ingredients for chana masala

- ¾ cup chana or chickpeas raw (or 2¼ cups soaked or canned)
- 1½ cups water
- 1 Pinch soda – (baking soda or cooking soda) skip if using canned

For frying & blending

- 1 tbsp oil or as needed
- 1½ cup onions (thinly sliced, about 2 to 3 medium)
- ¾ to 1 tbsp **GINGER GARLIC PASTE**
- 1¼ to 1½ cup tomatoes (chopped, 2 medium)
- ½ to ¾ tsp red chili powder (adjust as desired)
- ¼ tsp turmeric or haldi
- Salt as needed

For chana masala gravy

- 2 tbsp oil or as needed
- 1 small bay leaf or tej patta
- 1 inch cinnamon or dalchini
- 2 to 3 cloves or laung (optional)
- 2 to 3 green cardamoms or elaichi (optional)
- ½ cup onions (fine chopped) (optional)
- 1 green chili slit
- 1 to 1½ tsp **GARAM MASALA** (I used punjabi garam masala)
- 1½ tsp coriander powder or daniya powder
- 1 tsp kasuri methi (or dried fenugreek leaves)
- 2 pinch amchur (or dried mango powder or 1 to 2 tbsp lemon juice) optional
- ¼ cup coriander leaves or cilantro chopped finely

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INSTRUCTIONS

Preparation for chana masala (skip if using canned)

1. Wash chickpeas thoroughly and soak for 6 to 8 hours.
2. Add them to a pot or pressure cooker. Pour 1½ cups water and add a pinch of soda. You can also cook them in a pot adding more water as needed.
3. Cook until soft for 2 to 3 whistles. When you bite the chana it must be soft and should not feel a bite.

Frying & blending

1. While the chana cooks, saute onions until golden in 1 tbsp oil.
2. Saute ginger garlic paste as well to remove the raw smell.
3. Fry chopped tomatoes with salt. Make sure tomatoes turn soft and the raw smell goes away.
4. Saute again along with chili powder and turmeric till the raw smell goes off.
5. Blend once cooled to a smooth paste. optional – You can also add 1 tbsp cooked chana to the mixture and blend until smooth with out water. This makes the gravy thick and delicious.

How to make chana masala recipe

1. Saute cinnamon, cloves, bay leaf and cardamom in 2 tbsp oil.
2. optional – Add chopped onions and chilli. Fry until golden.
3. Next transfer the blended paste. Stir well. Add garam masala powder, coriander powder and saute until the mixture leaves the sides of the pan.
4. Add the cooked chickpeas and then the stock (chana cooked water) as needed. You may need to use up all. If needed pour little more water to bring it to a consistency.
5. Bring it to a boil. Simmer for about 5 minutes or until it reaches the desired consistency. Taste the gravy and add more garam

NUTRITION

Calories: 344kcal | Carbohydrates: 47g | Protein: 14g | Fat: 11g | Saturated Fat: 1g | Sodium: 72mg | Potassium: 712mg | Fiber: 13g | Sugar: 8g | Vitamin A: 3.7% | Vitamin C: 7.3% | Calcium: 9.1% | Iron: 27.9%

NOTES

Recipe notes for chana masala recipe *update: The quantity of ingredients have been updated to make more gravy. Do not use more baking or cooking soda than mentioned in the recipe card as it leaves a aftertaste. For best results make the recipe from scratch and avoid canned chickpeas.



[Perfect Chana Masala Recipe Restaurant Style](#)