



Bengali Chickpea Stew

This tomato based stew is a one-pot meal with the deep flavour of Bengali Panch Phoron interacting with the tomatoes. The Punjabi Garam Masala and cilantro added at the end provide another layer of flavor. Enjoy it with breads such as pitas or chapatis, or over rice or couscous.□

Ingredients:

3 TBL light oil
2 TBL Panch Phoron
2 medium potatoes (cubed and slightly boiled)
1 large green pepper, diced
6 cloves garlic, diced
1 chili pepper, diced
1 large can chickpeas, washed and drained□
28 oz. can diced tomatoes
½ tsp. sugar (optional)
2 cups fresh spinach
1 cup water or stock
1 cup frozen peas
1 large bunch of cilantro, chopped
2 tsp. Punjabi Garam Masala□
Salt to taste

Instructions:

1 - In a large cooking pot sauté the Panch Phoron in the oil over a medium heat until the seeds begin to crackle.
2 - Add the slightly cooked potatoes, green pepper, garlic and chili and cook for five minutes, stirring regularly.
3 - Add the chickpeas, tomatoes, sugar, spinach, liquid (water or stock) and salt. Cover and simmer at a low heat for at least 45 minutes.
4 - Add the peas and stir in the cilantro and Punjabi Garam Masala. Cook for a few more minutes. □

Spices Used: Punjabi Garam Masala
Bengali Panch Phoron

4 Servings