

Easy Chickpea Curry

If you're not familiar with Indian cuisine, cooking a curry might sound intimidating. Our guest vendor Colchester Curry House makes it VERY easy to prepare Indian style recipes with their blends of spices. This recipe can be adapted to include other vegetables, and there are blends to explore that pair well with most any protein. It's worth stocking up on a few packages of blends for easy and delicious winter meals.

INGREDIENTS

- 2 cans of chickpeas (15.5 oz cans)
- 4 tablespoons of Colchester Curry House chickpea masala
- ½ teaspoon mustard seeds
- ½ large yellow onion - diced
- 4 tablespoons olive oil
- ¼ cup coconut milk (can also use yogurt, heavy cream, etc.)



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DIRECTIONS

Drain the cans of chickpeas and set aside.

Set range to "medium high" heat.

Coat surface of pan with tablespoon of olive oil.

Place ½ teaspoon of mustard seeds in pan and cover until you hear the mustard seeds popping.

When seeds begin to pop, remove pan from burner and reset heat to "medium low".

With the pan off the burner, stir in diced onions. When burner cools to "medium low" heat, place pan back on burner and sauté onions for about 3 to 4 minutes.

Add Colchester Curry House Chickpea Masala to onions.

Add enough olive oil to masala to make it moist. The consistency should be a dense sauce, not runny. Add olive oil slowly to ensure you get the correct consistency. The heat setting should remain on "medium low".

Cook masala for about 3 minutes.

Add both cans of chickpeas to the masala and mix well.

Turn heat to "low," cover pan and cook for 10 minutes.

Remove pan from burner and stir in ¼ cup of coconut milk.

Serve and enjoy!

Market Shopping List

- Onions - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, CT Valley, Easy Pickin, Oxen Hill, Riverview, Wayne's Organic
- Olive oil - Ariston
- Masala & mustard seeds - Colchester Curry House (CFM guest vendor)
- Coconut milk, chickpeas, also masala blends & mustard seeds if you miss Colchester Curry House - **Highland Park Market of Coventry**



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