

Sundal

Chickpeas with Coconut & Curry Leaves



Photo Credit – Kevin J Miyazaki

Recipe Courtesy:

Jyoti Mukharji and Auyon Mukharji

Illustrated by Olivier Kugler

Photographs by Kevin J. Miyazaki

Ornamental motifs by Jhulan Mukharji and Aroop Mukharji



• Sundal •

CHICKPEAS with COCONUT and CURRY LEAVES



SERVES 4 • **THAW TIME: 30 minutes**
COOK TIME: 5 minutes (longer if cooking chickpeas from scratch) • **PHOTO: page 109**

Jyoti Sundal is often served as a prasad, or blessed food, in Hindu temples in South India during the late summer and fall festival season. Prasad, which is always vegetarian, is first offered to the idols of deities that line the altar, after which it is distributed to the temple-goers.

I love making this dish year-round, but most of all when I have some spare cooked or canned chickpeas around. It takes only a couple of minutes to prepare, and it makes for a satisfying and protein-rich snack. The taste is a lovely balance of savory, nutty, spicy (both ginger and chili), and sour—no single flavor or ingredient should overpower the others.

As with all of our recipes, you can always increase or reduce the chili quantity to taste.

2½ cups (430 g) drained, Cooked and Seasoned Chickpeas (page 45), or 2½ cups drained, canned chickpeas (from two 15-ounce // 420-g cans)

2 tablespoons grated, peeled fresh ginger

1 tablespoon grated unsweetened coconut (see Frozen Coconut, right), thawed if frozen

1 tablespoon finely chopped fresh cilantro, stems and leaves

Tadka
2 tablespoons canola oil
½ teaspoon black or brown mustard seeds

1 fresh Indian green chili (optional; see page 271—jalapeño may be substituted), minced

1 sprig fresh curry leaves, stripped from the stem (see page 273)

Garnish
4½ teaspoons fresh lemon juice
Salt, to taste

1. Combine the chickpeas, ginger, coconut, and cilantro in a large bowl. Mix well and set aside.

TADKA

2. To prepare the tadka (see page 31), heat the oil in a small pan over medium heat. Once the oil starts to shimmer, add the mustard seeds and cook, undisturbed, until they are popping vigorously, about 30 seconds (watch out for oil splatter—use a splatter screen if you have one).

3. Add the chili (if using) and curry leaves—again, beware of oil splatter. Cook, giving the pan a shake to distribute them evenly, until the leaves crisp up, about 10 seconds. If it's hard to tell visually, you should be able to feel the texture change while stirring them around in the pan. Drizzle the tadka over the chickpeas.

GARNISH

4. Just before serving, add the lemon juice and mix well. Taste for salt and lemon. (We don't prescribe any salt in this recipe because it was tested with seasoned chickpeas, but if you're using unsalted legumes, be sure to season.) Serve chilled or at room temperature.



Frozen Coconut

For the coconut, we recommend using the frozen, unsweetened, pre-grated stuff found at Indian markets—just let it thaw at room temperature for 30 minutes or so before using. Make sure you buy fresh frozen (as opposed to desiccated frozen). You are welcome to grate fresh coconut if you would prefer, but know that it's an investment.