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RECIPE

# Chana Masala with Naan

## Chana Masala

Serves 4



## Ingredients

- 3 Tbsp oil
- 1 small white or yellow onion, finely diced
- 1 Tbsp ground cumin
- 3/4 tsp sea salt (divided // plus more to taste)
- 4 cloves garlic, minced
- 1 Tbsp fresh ginger, minced
- 1/4 cup fresh cilantro, chopped

1 Tbsp ground coriander  
1 tsp chili powder  
1 tsp ground turmeric  
1 (28-ounce) can puréed\*, crushed, or finely diced tomatoes  
2 (15-ounce) cans chickpeas, drained  
1 tsp garam masala  
2-3 tsp sugar  
2 Tbsp lemon juice (plus more to taste // optional)

## Instructions

Heat a large pot over medium heat.

Once hot, add oil, onion, cumin, and one-third of the salt (1/4 tsp).

Add garlic, ginger and cilantro to a mortar and pestle and grind into a rough paste (or use a small food processor to pulse into a paste. Alternatively, just finely mince.) Then, add to the pan with the onions.

Next add ground coriander, chili powder, and turmeric and stir to coat. Add a little more oil at this point if the pan is looking dry.

Next add pureed tomatoes and chickpeas and remaining salt (1/2 tsp) . If the mixture looks a little too thick, add up to 1 cup water. You're looking for a semi-thick soup consistency at this point, as it will cook down into more of a stew.

Increase heat to medium high until it reaches a rolling simmer, then reduce heat to low or medium-low and maintain a simmer (uncovered) for 15-20 minutes, or until thick and stew-like. Stir occasionally.

When the chana masala is thickened and bubbly, taste and adjust seasonings as needed, adding more salt for saltiness, chili powder for heat, or a bit of sugar for sweetness and to offset the heat of the chilies.

Remove from heat and add lemon juice and garam masala. Stir to mix, then let cool slightly before serving. Fresh cilantro and lemon juice make an excellent garnish. Chana masala can be enjoyed as a stew on its own, or it can be delicious with white or brown rice, or cauliflower rice.

Leftovers will keep covered in the refrigerator for up to 4 days, or in the freezer for up to 1 month.

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**Tips for including kids in the kitchen. Adapt for your child's age and kitchen confidence!**

**Measure spices:** kids LOVE smelling spices! Take a moment to smell them as you measure.

**Peel Garlic:** show your child how to gently peel the papery skins off before mincing.

**Peel Ginger:** using the edge of a spoon, scrape off the skin before mincing.

**Crush aromatics with a Mortar + Pestle:** Kids love doing this! It's a safe way for them to grind spices, garlic and ginger into a paste. They could also help blitz it in a mini food processor.

**Can opener:** teach your child how to use a can opener. It's harder than it looks!

**Juice the lemon:** by hand or with a citrus squeezer, kids love this sensory experience.

**Pick leaves from the cilantro:** this is great handiwork for them and they'll be more likely to try fresh herbs and veggies once they are familiar with them!

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## Garlic Naan

**Yield 8**

### Ingredients

1 teaspoon sugar

1/2 cup warm water

2 1/4 teaspoons active dry yeast

2 1/4 cups all-purpose flour

1/2 cup plain yogurt

1 teaspoon salt

1 tablespoon oil

some oil for greasing the skillet

3 tablespoons melted butter, or ghee



## Preparation

### Activate Yeast.

In a small bowl, add the sugar, warm water, and yeast together. Stir to combine well. The yeast should be activated when it becomes foamy, about 10 minutes. Transfer the flour to a flat surface and make a well in the middle.

### Making Naan Dough.

Add the yeast mixture, yogurt, salt, and oil, and knead the dough until the surface becomes smooth and shiny, about 10 minutes. Cover the dough with a damp cloth and let it rise in a warm place (for example: beside the stove top or warm oven). The dough should double in size in about 1 hour.

### Rolling Naan.

Divide the dough into 8 equal portions. Roll the dough to an 8" (20 cm) circle using a rolling pin.

### Cooking Naan.

Heat up a skillet (cast-iron preferred) over high heat and lightly grease the surface with some oil to avoid the dough from sticking to the skillet. Place the dough on the skillet. When it puffs up and bubbles, and burnt spots appear, flip it over and cook the other side. Repeat the same until all the dough is done. Brush with melted butter, and serve warm.

### Serving Naan.

Brush the naan with melted butter or ghee, then sprinkle with fresh cilantro. Serve warm and enjoy!

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### Tips for including kids in breadmaking.

#### **Breadmaking is an engaging kitchen activity for kids of all ages.**

Even very young children like playing with this soft and bouncy dough. Let them play and become accustomed to the feeling!

They can help measure, knead, divide, roll out and shape the naan before you cook them on the stove top.

Older kids can help cook the naan. It's as easy as making pancakes and they will build their confidence as they master flipping the naan in the hot skillet.