



TASTE THE WORLD

SPEECH DEBELLE'S CHICKPEA CURRY & CALAIS JUNGLE RICE

INGREDIENTS:

CHICKPEA CURRY:

2 400g cans of chickpeas
2 tsp minced garlic
2 tsp garam masala powder
1 tsp coriander powder/seeds
1 tsp chilli powder
1 tsp cumin seeds
1 tsp turmeric powder
1 cinnamon stick
1 small potato, diced
1 tsp coconut oil
1 tsp honey
1 bay leaf
2 tsp lime juice
800mls water
Salt to taste

CALAIS RICE:

1 cup rice
2 cups water
1 tsp salt
1/2 grated carrot
20 ml of olive oil
Handful of chopped parsley
Handful of chopped (deseeded) dates

INSTRUCTIONS:

1. Add the turmeric, garam, coriander seeds, cumin and chilli to the heated oil in, a non-stick, medium pot and stir for about 30 seconds releasing the flavours. Be careful not to let the seasonings burn.
2. Add all other ingredients. Bring to the boil and then let simmer with the lid on medium to low heat for about 1 hour. Give it a stir every 15 minutes or so to make sure it isn't sticking to the bottom of the pot.
3. Remove the lid and let simmer for another 10 minutes or until liquid is to preferred thickness.

FOR CALAIS RICE:

1. Once the chickpeas are about 30 minutes into cooking, wash the rice to remove starch and put on a high heat with water.
2. Once boiling add salt and reduce heat to the lowest setting, and cook with the lid on for 10 minutes.
3. Once the rice is cooked (check rice grains are soft) let cool for about 15 minutes.
4. Add parsley, carrots, dates and olive oil and stir just before serving. Serve with chickpeas on the top. Garnish with spring onion and nigella seeds.