



Taste & Trails

Delhi-Style Rajma Chawal



youtube.com/@OWNTasteandTrails

Delhi-Style Rajma Chawal Recipe

Rajma Chawal, a quintessential North Indian dish, holds a special place in the hearts of many food lovers, especially in Delhi. Today, Prishika is back with a new recipe that will transport you to the bustling streets of Delhi. This time, she's sharing the iconic Rajma Chawal recipe with us, which she learned from her dear friend Aarti Sharma. Let's dive into this flavorful journey and learn how to make the most popular Rajma Chawal, a dish loved by everyone in Delhi, right here in Mumbai.

Prishika Meets Aarti Sharma

Prishika visits Aarti's home, excited to learn the famous Rajma Chawal recipe. As they sit down for a chat, Aarti shares her fond memories of a trip to Delhi. Four years ago, she had visited a friend's house in Delhi, where she tasted the most delicious Rajma Chawal. The family was Punjabi, and their recipe left an everlasting impression on Aarti. Intrigued by the story, Prishika eagerly asks her to share the recipe with us. Aarti happily agrees, and the cooking session begins.

Ingredients for the Perfect Rajma Chawal

To recreate the authentic Delhi-style Rajma Chawal, you'll need the following ingredients:

For the Rajma Masala:

- 1-inch piece of ginger
- 17-18 garlic cloves
- 3-4 medium-sized onions
- 7-8 green chilies
- 3-4 large tomatoes (Puree)
- 200 grams of curd (yogurt)

- 2-3 green chilies and 1-inch piece of ginger (grated, for garnishing)
- 1 tablespoon of Rajma Masala powder
- 1 tablespoon Kashmiri red chili powder
- 250 grams of rajma (kidney beans) soaked overnight and boiled
- Ganesh Marka mustard oil (Aarti's family's favorite for over 10 years)
- 1 tablespoon cumin seeds (for tadka)
- Fresh coriander leaves for garnishing

For the Garam Masala:

- 1 nutmeg (Jaiphal)
- 1 cardamom pod (Elaichi)
- 3-4 cloves (Laung)
- 5-6 black peppercorns (Kali Mirch)
- 1 teaspoon cumin seeds (Jeera)

For Cooking:

- The water left after boiling the rajma (for the gravy)

Step-by-Step Preparation of Delhi-Style Rajma Chawal

Now that we have all the ingredients ready, let's start cooking this delightful dish.

Step 1: Prepare the Garam Masala

Start by preparing the homemade garam masala. In a small grinder, add the nutmeg, cardamom, cloves, black pepper, and cumin seeds. Grind them to a coarse powder. This freshly made garam masala will add an aromatic touch to the rajma gravy.

Step 2: Prepare the Ginger-Garlic-Onion Paste

Next, make a paste of ginger, garlic, onions, and green chilies. Add all these ingredients to a blender and grind them into a slightly coarse paste. Set this aside for the cooking process.

Step 3: Heat the Oil and Temper the Spices

Take a large kadhai (wok) and heat it well. Once hot, add 2 tablespoons of Ganesh Marka mustard oil. This oil adds a unique flavor and depth to the dish. Let the oil heat until it's shimmering. Then, add 1 tablespoon of cumin seeds (jeera) and let them sizzle in the hot oil.

Step 4: Cook the Onion-Garlic Paste

Once the cumin seeds start popping, add the ginger-garlic-onion paste you made earlier. Stir the mixture well and cook it until the paste turns golden brown. This is a crucial step because the paste needs to be cooked properly for the best flavor.

Step 5: Add Tomatoes puree and Cook

Now, add the tomatoes puree to the kadhai. Stir everything together and let the tomatoes puree cook until they soften and blend with the paste. This will create a smooth base for your gravy.

Step 6: Add Spices and Garam Masala

Add the Kashmiri red chili powder to the mixture and stir it in. Follow it up by adding the freshly ground garam masala paste. Cook this mixture until the oil begins to separate from the masala, a sign that the spices are well cooked.

Step 7: Add Yogurt and Rajma Masala

Once the masala is cooked, add 200 grams of yogurt (curd). Stir it in well and cook for a couple of minutes. After that, add 1 tablespoon of Rajma Masala powder and mix it in. Let the gravy cook for a few more minutes, ensuring all the flavors meld together.

Step 8: Add the Boiled Rajma and Its Cooking Water

Now, it's time to add the main ingredient: boiled rajma. Add the soaked and boiled rajma to the kadhai, followed by the water in which the rajma was cooked. The water is crucial as it adds extra flavor and helps in making the perfect gravy. Stir everything well and let it cook on a low flame, covered, for about 5 minutes. This will allow the rajma to absorb all the delicious masala flavors.

Step 9: Add Grated Ginger and Green Chilies for Garnish

After the gravy has thickened and is well-cooked, add the grated ginger and green chilies for a burst of freshness and spice. Stir it in and let it cook for another 10 minutes.

Step 10: Garnish and Serve

Once the rajma is ready, sprinkle fresh coriander leaves on top for a fresh, aromatic finish. Now, the rich, flavorful Delhi-style Rajma is ready to be served.

Serve the Rajma with Steaming Rice

To complete the meal, serve the rajma with hot, steamed basmati rice. This comforting dish is best enjoyed with a side of pickles and a cooling raita.

Conclusion: A Taste of Delhi in Mumbai

And there you have it! The classic Delhi-style Rajma Chawal, straight from Aarti Sharma's kitchen to yours. It's a dish that's perfect for family gatherings, casual meals, or any

occasion. The combination of tender kidney beans, aromatic spices, and tangy yogurt is what makes this dish truly special. So, next time you're craving a comforting meal, try making this Delhi-style Rajma Chawal and enjoy the flavors of North India right at home!

Prishika promises to return with more exciting recipes soon. Until then, happy cooking!



oneworldnews.com