

**Grade 8**  
**Reading - Cooking Instructions**

**"Cooking Itinerary for Making Chana Masala"**

In India, the aroma of spices wafts through the air in many households, hinting at the culinary masterpieces being prepared within. One such fragrant and flavorful dish is the "Chana Masala". Chana Masala is a popular vegetarian dish made from chickpeas, simmered in a tangy tomato gravy, enriched with a mixture of aromatic spices. Let's embark on the culinary journey of creating this dish.

To begin, you'll need the following ingredients:

- Chickpeas (canned or soaked overnight)
- Tomatoes, finely chopped
- Onions, finely sliced
- Ginger-garlic paste
- Green chillies, slit
- A blend of spices including turmeric, coriander, cumin, garam masala, and red chili powder
- Salt, to taste
- Fresh cilantro, for garnish
- Lemon juice

Once the ingredients are assembled, follow the steps below:

**Preparation:** If you're not using canned chickpeas, remember to soak the chickpeas overnight. This softens them and reduces the cooking time.

**Cooking the onions:** In a deep pan, heat some oil or ghee. Once hot, add the sliced onions and sauté them until they turn translucent and golden brown.

**Adding ginger-garlic and spices:** Introduce the ginger-garlic paste to the pan and stir. After a minute, incorporate the turmeric, coriander, cumin, and red chili powder.

**Tomatoes in action:** Add the finely chopped tomatoes and slit green chillies. Cook until the tomatoes become soft and the oil begins to separate from the mixture.

**Chickpeas join the party:** Now, introduce the chickpeas. Mix them well so they are entirely covered in the tomato-spice mixture.

**Simmer:** Add some water and let the mixture come to a boil. Reduce the heat and let it simmer for about 20 minutes or until the chickpeas become tender.

**Finishing touches:** Sprinkle garam masala and salt according to taste. Before serving, garnish with fresh cilantro and a squeeze of lemon juice.

Voila! Your bowl of Chana Masala is ready to be relished with rice, naan, or chapati.

Multiple Choice Questions:

1. What is the main ingredient of Chana Masala?
  - a. Lentils
  - b. Kidney beans
  - c. Chickpeas
  - d. Tomatoes
2. Which spice is NOT mentioned in the list for Chana Masala?
  - a. Turmeric
  - b. Paprika
  - c. Cumin
  - d. Garam masala
3. What needs to be done if you're not using canned chickpeas?
  - a. Fry them
  - b. Soak them overnight
  - c. Boil them for an hour
  - d. Use them directly
4. Which ingredient is added for a tangy flavor?
  - a. Lemon juice
  - b. Milk
  - c. c) Vinegar
  - d. d) Yogurt
5. When are the spices added to the dish?
  - a. After adding chickpeas
  - b. Before cooking onions
  - c. After cooking onions and adding ginger-garlic paste
  - d. With tomatoes
6. How do you know when the tomatoes are cooked?
  - a. They turn golden brown
  - b. They become crunchy
  - c. The oil begins to separate from the mixture
  - d. They dissolve completely
7. What is the final spice added before serving?
  - a. Red chili powder
  - b. Cumin
  - c. Turmeric

- d. d)Garam masala
- 8. Which ingredient gives Chana Masala its aromatic smell?
  - a. A blend of spices
  - b. Onions
  - c. Chickpeas
  - d. Water
- 9. How long should the mixture simmer after adding the chickpeas?
  - a. 5 minutes
  - b. 10 minutes
  - c. 20 minutes
  - d. 30 minutes
- 10. With which of the following can Chana Masala be served?
  - a. Sushi
  - b. Pizza
  - c. Naan
  - d. Pasta

Answers:

- 1) Answer: c) Chickpeas Explanation: The passage mentions that Chana Masala is a dish made from chickpeas.
- 2) Answer: b) Paprika Explanation: Paprika is not listed among the spices in the ingredients.
- 3) Answer: b) Soak them overnight Explanation: The passage states that chickpeas should be soaked overnight if not using the canned version.
- 4) Answer: a) Lemon juice Explanation: Lemon juice is mentioned as a finishing touch for the dish.
- 5) Answer: c) After cooking onions and adding ginger-garlic paste Explanation: The spices are added after the onions have been cooked and the ginger-garlic paste has been stirred in.
- 6) Answer: c) The oil begins to separate from the mixture Explanation: The passage mentions that tomatoes are cooked when the oil starts separating from the mixture.
- 7) Answer: d) Garam masala Explanation: Garam masala is sprinkled as one of the finishing touches.
- 8) Answer: a) A blend of spices Explanation: The blend of spices like turmeric, coriander, cumin, garam masala, and red chili powder gives the dish its aroma.
- 9) Answer: c) 20 minutes Explanation: The passage states that after adding chickpeas, the mixture should simmer for about 20 minutes.
- 10) Answer: c) Naan Explanation: Chana Masala is often relished with rice, naan, or chapati as mentioned in the passage.