

Black-Eyed Pea Masala

By love4culinary on April 12, 2005 | ★ ★ ★ ★ ★ 29 Reviews



Prep Time: 25 mins **Total Time:** 2 hrs 25 mins **Servings:** 8

About This Recipe

"This is a recipe that I adapted from a recipe my MIL made while I was in India. It is FABULOUS, and is even served for breakfast quite often in her house! (I could eat it for every meal LOL) I don't know the actual name of the chilies they use, but at home I generally use either 2 of the small chiles labeled "hot green chiles" from the market, or I use serranos. The ginger I generally just run over my microplane."



Photo by Susiecat too

Ingredients

- 1/3 cup vegetable oil or 1/3 cup ghee
- 1 -2 green chili, minced
- 8 garlic cloves, minced
- 1 medium onion, diced
- 1 inch gingerroot, peeled and minced
- 4 1/2 teaspoons curry powder or 4 1/2 teaspoons garam masala
- 2 1/2 teaspoons turmeric
- 1/2 teaspoon ground cumin
- 1 cup freshly chopped tomatoes
- salt, to taste
- 2 1/2 cups dried black-eyed peas, soaked in water for 3-4 hours
- 1/2 cup plain yogurt
- 2/3 cup chopped cilantro

Directions

1. Drain your peas.
2. Heat oil/ghee (allow to melt) in a medium heavy pot over medium heat and fry chiles, garlic, onion, and ginger for approx 6 minutes.
3. Add your curry powder/garam masala, turmeric and cumin, and then add the tomatoes.
4. Cook for approximately 3 minutes until it begins to thicken and add your peas and salt to taste, along with 4 cups of water.
5. Allow water to boil and then reduce your heat, cover and cook for approximately 2 hours until your peas are done and the sauce is nice and thick.
6. After the peas are done, fold in your yogurt (may wish to use a little more or little less to your tastes) and cilantro, and serve.
7. This goes well with rice or with chappati/roti.

Directions

8. Garnish with minced cilantro.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (124 g)		Total Fat 10.5g	16%
Servings Per Recipe: 8		Saturated Fat 1.7g	8%
Amount Per Serving	% Daily Value	Cholesterol 1.9mg	0%
Calories 288.0		Sugars 5.8 g	
Calories from Fat 95	33%	Sodium 19.6mg	0%
		Total Carbohydrate 36.9g	12%
		Dietary Fiber 6.7g	27%
		Sugars 5.8 g	23%
		Protein 13.7g	27%

© 2016 [Scripps Networks](#), LLC. All Rights Reserved. <http://www.food.com/116878>