

Rajma Masterclass

Masterclass on making the authentic Punjabi style red kidney bean curry, a popular dish in Punjabi households. In this recipe, I will tell you the traditional method of cooking the kidney beans to achieve maximum flavour and guide you through making the tomato-based sauce using aromatic spices. Feel free to adjust the spices to your preference.

Top Tips

- Always use dried red kidney beans soaked overnight to ensure you get the richest flavours.
- Make sure to slit your green chillies before you add them to your pan.
- Don't rush your onions or tomatoes, let it slow cook!
- Once the curry is cooked, let it sit for 1-2 hours if you can.

Ingredients

400g dried red kidney beans, soaked overnight
1 $\frac{1}{2}$ tsp salt
3 brown onions, grated
oil of choice
1 tsp cumin seeds
2 green chillies
2" fresh ginger, grated
4 garlic cloves, grated
2 large tomatoes, blitzed
2 tsp ground coriander
 $\frac{3}{4}$ tsp chilli powder
1 tsp turmeric powder
1 $\frac{1}{2}$ garam masala
1 tsp ground cumin
handful fresh coriander, roughly chopped

Method

- Drain the kidney beans. Add them to a pressure cooker or

regular pan with 1L water and 1 $\frac{1}{2}$ salt. Cook for 15-20 minutes in a pressure cooker or 1 hour if using a regular pan.

– Add 4-5 tbsp oil to a hot pan. Add the cumin seeds and let them sizzle. Add the green chillies and onions, and let them cook for 10-15 minutes on medium heat.

– Add the ginger, garlic, and tomatoes. Mix well, cover, and cook for 10 minutes.

– Add 50-100ml water and stir through. Add the ground coriander, chilli powder, turmeric powder, garam masala, ground cumin, and 300ml water. Mix well.

– Add the cooked red kidney beans, stir through, cover, and cook on medium heat for 30 minutes.

– Turn off the heat and let the curry sit for 1 hour if you can.

Serve it with rice, naan, or your favourite Indian bread, and garnish with fresh coriander.