

# RAJMA MASALA (RED KIDNEY BEAN CURRY)

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Serves 4

## INGREDIENTS:

1 cup/180g dried (or 2 x 400g cans) dark red kidney beans, drained and rinsed  
¼ cup neutral oil  
1 medium yellow onion, very finely chopped  
1 tsp cumin seeds  
1 dried bay leaf  
1-inch piece cinnamon stick  
8 black peppercorns (optional)  
1 small black cardamom (optional)  
4-5 garlic cloves, crushed or finely chopped  
1-inch piece ginger, crushed or finely chopped  
2 medium tomatoes, puréed  
2 tbsp tomato paste  
1 tsp coriander powder  
1 tsp Kashmiri chilli powder or paprika  
⅓ tsp turmeric powder  
¼ tsp red chilli powder or cayenne pepper  
1¾ tsp kosher salt  
2 cups water, or reserved bean cooking liquid

## AFTER COOKING:

2-3 small Thai or serrano chillies, whole or halved  
2-3 tbsp heavy cream  
1 tbsp salted butter  
½ tsp dried fenugreek leaves (kasuri methi), crushed  
¼ tsp garam masala  
2 tbsp chopped coriander

## FOR SERVING:

Sliced red onion  
Lemon or lime wedges

## **NOTE ON BEANS:**

Dried: soak overnight, then simmer in 6 cups water for about 1hr 15 mins (or pressure-cook 30 minutes) until they mash easily between your fingers. Reserve the cooking liquid to use in the recipe.

Canned: drain and rinse 2 x 400g tins — no extra cooking needed.

## **DIRECTIONS**

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Heat the oil in a large pan over medium-high heat. Add the onion and whole spices (cumin, bay leaf, cinnamon, peppercorns and black cardamom) and cook for 7-8 minutes until golden, deglazing with a splash of water as needed. Stir in the garlic and ginger and cook for a further 2 minutes until fragrant. Add the puréed tomatoes and tomato paste and cook for about 5 minutes until reduced and the oil starts to separate.

Deglaze again, then stir in the ground spices and salt. Cook for 1-2 minutes until the oil releases once more. Add the kidney beans and stir to coat in the masala, lightly mashing some of the beans with a wooden spoon. Pour in the measured water or reserved bean cooking liquid.

Bring to a light boil, then reduce to a simmer. Cover and cook for 15 minutes, stirring occasionally, until thickened but still runny.

Uncover and cook for a further 1-2 minutes, continuing to mash some of the beans, until thick enough to just start sticking to the pan. Stir in the green chillies, cream, butter and fenugreek leaves.

Reduce the heat to low, cover, and simmer gently for 3 minutes until the oil rises to the surface. Garnish with garam masala and coriander. Serve with basmati rice, sliced red onion and lemon wedges.