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WILLS COOK-OFFS

# CHOLE BHATURE

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# Chole Bhature

## Chole Bhature...

Just the thought of **Chole Bhature** is enough to get your taste buds salivating. It's also called as Channa Bhatura and Poori Chola. Chole is prepared with white chickpeas and Bhature is a soft and crispy fried bread.

It may be one of the most popular brekkie in most part of India and elsewhere, but to me, I personally prefer to feast Chole with wholemeal chapati\*, roti or basmati rice. Love Chole for its flavour and is a better choice, as it provides protein and fibre.

The humble chickpeas get the enhanced and spiced aromatic flavours that keeps your taste buds salivating. Whilst, the Bhature is traditionally a great companion with the Chole; be mindful of Bhature serve or chose alternate substitute\*.

# Chole Bhature...

I prepare Bhature using wholemeal flour and the outcome is awesome.

My family wakes up for Chole Bhature over any traditional breakfast/brunch.

I love preparing it, as the simple pantry products gets a wow factor. I rarely cook it but occasionally treat my family it as a brekkie. I cook it so that they can feast the whole day.

So, here is my version of the recipe to prepare restaurant like

- **Chole**, and
- **Bhature**



# Chole Bhature

# Chole Bhature

## Chole Ingredients:

- 2 cups Dry Chickpeas – Soaked in water overnight (not canned chickpeas\*)
- 1 large Onion – finely diced
- 2 large Tomatoes – diced
- 2 cloves Garlic – finely chopped/paste & 1 whole
- 1" Ginger – Finely diced/paste
- 1 Green Chilli – cut into half
- 3 sprigs of Coriander – finely chopped
- 1 cup Tea water (2 black teabags dipped in for 5-10 minutes)

- Cut Spanish Onion and Lime/lemon to serve

**\*Note:** If using canned chickpeas, just boil them for 5 mins along with tea bags, salt, garlic cloves and whole spices, and add it to the cooked tomato masala.



# Chole Bhature

## Dry Ingredients:

- 1.5 tsp Coriander seeds
- 1 tsp Cumin seeds
- 8 Pepper corns
- 8 Cloves
- 1" Cinnamon
- 2-3 Bay leaf
- 1 tbsp Kashmiri Chilli powder
- 1 tsp Turmeric powder
- ½ tsp Amchur powder
- 1.5 tbsp chick flour (optional - to bind the mixture)
- Salt to desired taste
- 2 tsp Ghee/Vegetable oil for sauté
- 1 tbsp butter (optional, if vegetable oil is used)



# Chole

## Preparation | Method

1. Soak the dried chickpeas in water overnight. Make sure the water covers the chickpeas by 50-60mm, as they triple in size
2. Cook the chickpeas with tea water, salt, single garlic clove and whole spices to your desired softness. Add extra cup of plain water to the chickpeas
3. When the chickpeas are cooked to your desired softness, switch off the heat and keep aside



# Chole

## Preparation | Method

4. On a steel tawa or fry pan, roast all the dry ingredients slightly to release the aromas of the spices. Switch off the heat and cool the roasted ingredients
5. In a coffee grinder or food processor, add all the dry ingredients and grind it to fine powder
6. Heat oil in a pan, add garlic and ginger and sauté for a minute



# Chole

## Preparation | Method

7. Add onions and sauté till the onion is golden brown/translucent
8. Add diced tomato, mix well and cook for 2 minutes
9. Add the ground ingredient masala. Mix well and cook for 5-6 minutes
10. Now, combine the cooked chickpeas. Mix well. Add little water if needed
11. Cook covered over low heat for about 5 minutes over medium heat. Turn off the heat



# Chole

## Preparation | Method

12. Garnish with chopped green coriander and it's ready to be served with Bhature

**Note:** If young ginger is available, you could garnish Chole serves with julienne ginger. I love it.





**Chole Bhature**

# Bhature

## Ingredients:

- 3 cups flour (whole meal\* – my preference)
- 2 medium size potatoes
- ½ tsp Cumin Seed – finely coarse powder
- Salt to desired taste
- 2 tbsp melted Ghee
- 1 tsp baking soda
- 1 cup natural Yogurt
- Water to knead (warm)
  
- Vegetable Oil for deep frying

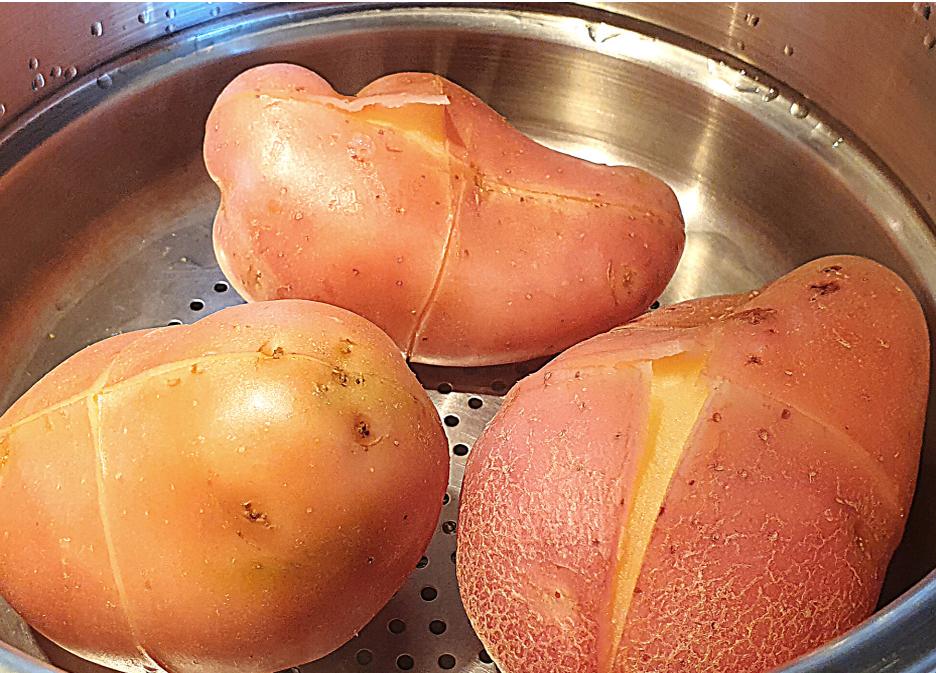
\* Note: Restaurants and many people use White Flour. **It's a NO NO in my cooking.**



# Bathure

## Preparation | Method

1. Steam the potatoes until soft and tender. When cool, peel and smash it to fine texture/consistency. Keep aside
2. In a mortar pestle, crush cumin and salt to form a fine coarse powder. Keep aside
3. In a big bowl, add the flour, oil, salt, and baking powder and mix well



# Bathure

## Preparation | Method

4. Mix the smooth potato paste to the mixed flour. Knead it and add yogurt and keep kneading
5. Add little water at a time to achieve medium firmness of the kneaded dough
6. Apply little oil and cover it with a glad wrap/muslin cloth. Leave it for 2-3 hours
7. Divide it equally to form each dough balls of 25-30 mm diameter



# Bathure

## Preparation | Method

8. Roll out to round shape with around 2-3mm thickness

9. Heat oil in a pan/Khadai

10. Deep fry till the bhaturas puff up and both sides are slightly golden brown in colour

*(Pressing the centre lightly with a wide skimmer spoon would help bhature to puff up)*





# Chole Bhature

## SERVING TIPS:

- **CHOLE BATHURE IS SERVED HOT WITH SIDES LIKE ONION AND LEMON WEDGE**
- **GARNISH CHOLE WITH JULIENNE GINGER, CORIANDER, AND ONIONS**
- **CHOLE CAN BE SERVED WITH CHAPATI, ROTI, RICE OR AS A SIDE WITH ANY VEGETARIAN/NON-VEGETARIAN MEAL**

**DO TRY AND ENJOY!!!**



Wilson Fernandez 18-JUL-2020