

Men's Health Week



Rajma Masala - Kidney Bean Curry
BY AJAI DOGRA

CHEF AT SHIRDI SAI BABA TEMPLE IN CAMBERWELL



The Shirdi Sai Sansthan Temple is a registered charity organisation for devotees of Sai Baba who is revered by Hindu and Muslim communities across the world. It is a spiritual place to for people to rest, pray and meet friends. Blessed food (Prasad) is served on a Thursday evening and Sunday lunchtime.

Rajma is a popular North Indian curry, which is traditionally vegan and gluten-free. It has simple ingredients but is incredibly nourishing. I regularly cook this dish for our community, as well as my close friends and family.

I love being able to engage with our community over food; it's a shared interest and a common thread between people. Making food and sharing meals with others - whether it means catching up over a simple dinner or eating at a huge celebration - is a wonderful way to bring everyone together.

Ingredients

SERVES 4

IN A PRESSURE COOKER:

1½ cups of raw red kidney beans soaked in 4 cups of water

3½ cups of water

1 teaspoon of salt

FOR THE MASALA:

2 tablespoons of oil

1 teaspoon cumin seeds

1 cup of grated red onion

1 tablespoon of garlic & ginger paste

1 chopped green chilli

4 puréed tomatoes

1 tablespoon of coriander powder

½ teaspoons turmeric powder

1 teaspoon garam masala

1½ teaspoon paprika

Salt to taste

2 tablespoons freshly chopped coriander leaves

Method

Soak the kidney beans overnight in 4 cups of water. In the morning, drain the water and transfer the beans to a pressure cooker.

Add 3½ cups of water and 1 teaspoon of salt. Pressure cook on high heat until the water comes to a boil, then lower the heat to medium and cook for 15 minutes. Let the pressure release naturally. Set aside the water and beans once they are completely soft.

Add 2 tablespoons of oil to a pan. Add the cumin seeds and mix in the grated onions. Cook the onions for 7-8 minutes, stirring until lightly golden (for chopped onions, cook for 3-4 minutes only). Add the garlic & ginger paste and green chilli and cook for 1 minute.

Add the puréed tomatoes and mix, cooking for 5 minutes. Add the coriander, turmeric, paprika, garam masala and salt. Mix the ingredients and cook on medium-low heat for 15 minutes until the oil separates from the masala. Add the beans and the water they were boiled in. Add another cup of water and stir well. Let the curry simmer for 20 to 30 minutes and add freshly chopped coriander. Serve with rice.

Note: You can add ½ cup of water to help reduce your curry. If it needs to thicken, mash some of the beans to help make it creamier.