



RAJMA (Red Kidney Beans)

SERVES: 4-6

PREPARATION TIME: 10 MIN.

COOKING TIME: 30 MIN

INGREDIENTS:

- Rajma (red kidney beans)-2 cups
- Tomatoes- 2 medium size
- Ginger—1tbs grated
- Green chillies-2 (optional)
- Oil (your choice)-2tbs.
- Cumin seeds-1tsp.
- Asofetada-1/4tsp
- Corianders powder-2tsp.
- Turmeric-1tsp.
- Red chilly powder-1/2tsp(optional)
- Garam Masala-1tsp.
- Bay leaves-2
- Aamchur (dry mango powder)-1tsp.
- Kastoori Methi-1tbsp.
- Salt-According to the taste.
- Water-4 cup

METHOD OF COOKING:

1. Wash and soak Rajma beans in 4 cups of water overnight.
2. Boil Rajma in pressure cooker using same water in which it was soaked.Add salt.
3. To get curry ready chop tomatoes,green chillies,grate ginger.
4. Take a pan,put it on gas stove and put oil when pan is hot.
5. Put cumin seeds in hot oil(can put 2-3 cumin seeds to check if oil is ready.Seeds should start cracking)Add asofetada too.
6. Now put grated ginger, stir and let it turn brown then add chopped tomatoes and green chillies.Stir.
7. Add spices-coriander powder, turmeric, red chillies, garam masala, bay leaves. Stir and let everything cook together. Cook on low heat.
8. Once you see the tomatoes curry looks cooked, (oil should be separated from curry) turn the gas stove.
9. Check on the boiled Rajma. Try to mash couple of beans using your fingers to check if they are nicely boiled.
10. Mix tomatoes curry in the boiled Rajma, put kastoori methi now, stir it well and close the cooker lid.
11. Let it cook for another 5mins or one pressure release. Then turn the heat off.
12. Open the pressure cooker lid only once the steam totally disappears.
13. You can let it cook on very low heat for more cooking if you want.
14. Rajama is ready to serve now with Chapati or Tandoori Naan or Rice.

TIPS:

1. To cook Rajma beans in less time, Raja should be soaked overnight. It takes 2 to 3 pressure release in this case.
2. Don't worry if you forgot to soak Rajma. It will take longer to boil.
3. Indian style pressure cooker is much better to cook any beans.
4. You can blend the tomatoes curry before mixing in boiled Rajma to get smooth texture. Your choice.
5. You can put pressure cooker under the running tap water to get steam out quickly.
6. Chillies are optional.