

# Street food: Ghugni

## Ingredients for cooking the ghugni:

Dried Green Peas: 1 Cup  
Red Onions: 1 large onion or 1 ½ medium sized onions finely chopped: roughly comes to 1 ½ cups chopped onions  
Cinnamon stick (*dalchini*): a thin 2" stick  
Dried Bay leaves (*tejpatta*): 2 small  
Cooking oil: 1 ½ tbsp  
Ginger paste: 1 tsp  
Garlic paste: 1 tsp  
Tamarind pulp: roughly equivalent to 1 tbsp

In a small bowl, make a spice paste with the following and keep aside:

Turmeric powder: ¼ tsp  
Cumin powder: ½ tsp  
Red Chilli powder: ½ tsp  
Water: 2 tbsp

## Ingredients for garnishing :

Onion: 1 small, finely chopped  
Coriander leaves: a bunch, finely chopped  
Green chillies: 5-6, finely chopped  
Black salt - to taste (*optional*)  
*Chaat Masala* - can be bought from any Indian store  
Roasted and powdered Cumin Powder (In a pan, on slow heat, dry roast cumin seeds until they become darker. Let it cool. Dry grind it to a powder. I usually make more (about 1/2 cup) and store it for future use).  
Roasted and powdered Dry red Chilli (In a pan, on slow heat, dry roast about 10-15 dry red chillies until they turn dark and before they start to burn. Let it cool. Dry grind or pound to make chilli flakes or coarsely grounded red chilli powder. Again, this can be stored for future use).

## How I did it:

1. Wash the dried peas in tap water. Soak them in enough hot water to cover the dried peas. Cover and set aside. At the end of 2 hours, you will notice that the peas swell up in size.
2. Boil the soaked peas in a pressure cooker with 2 cups of water and a pinch of salt for 10 mins. Check if peas are done and boil in open if needed. They should be soft but not mushy.
3. In a *kadhai* or pan, heat 1 ½ tbsp of oil. Once hot, add 2 small dried bay leaves and a thin 2" cinnamon stick.
4. Next add 1 ½ cups of chopped onions and ¼ tsp of salt. Fry on medium-high heat until the onions are golden brownish. Keep stirring in between to make sure it does not burn.
5. Add ginger and garlic paste. Continue to fry for another minute.
6. Add the spice paste made above (turmeric, chilli powder and cumin powder in water). Fry for another minute.
7. Take 1 tbsp equivalent of tamarind pulp in ½ cup of warm water. Squeeze with your fingers rubbing and making sure the pulp is dissolved in water. Set aside.
8. Add the boiled peas along with the water left over from boiling. Using a strainer, strain the tamarind juice adding the juice and excluding any seeds or fibres. Stir and check for salt and spice.
9. Boil on low heat, covered, for about 7-8 minutes or until the flavors have combined.
10. Add ¼ tsp of garam masala powder and check for salt and spice. Adjust if needed. Cook for another 2-3 minutes until the *ghugni* is done.

## To serve:

Take about ¾ cup of hot *ghugni* in each serving bowl. Sprinkle about 1 tbsp of chopped onions, ¼ tsp green chillies and 1 tsp of chopped coriander leaves. Sprinkle a pinch each of black salt, roasted cumin powder and *chaat masala*. And it's ready to eat.

*The quantities mentioned in the serving suggestion above are just to give you a rough idea. The beauty of this snack is that you are able to adjust each ingredient to your liking.*

Finish the *ghugni* experience with a hot cup of tea.

**Notes:**

- The garnish is a very important part of this snack. So, do not skip or ignore any of the ingredients.
- Dried Green peas cook very fast once they have been soaked. Do not pressure cook them for more than 10 minutes. Else, they may become really mushy! You can always boil them more later once you have checked.
- The peas should be soft without losing it's shape. It should not disintegrate. If you have soaked them for longer than 2 hours in hot water or for more than 4 hours in normal water, boil them for a shorter period in a pressure cooker or boil them in a pan instead of a pressure cooker to make sure it doesn't get overcooked.
- If you do not serve it immediately after cooking, you may need to add some hot water and give it a boil before serving to make sure the ghugni is not dry. The peas tend to absorb the curry when left for some time so you may need to add more water just before serving. Check for salt if you have added more water.
- If you need to add more water once the ghugni is cooked, use hot water to speed up the cooking process.
- Optional: Green chutney serves as an additional garnish on this dish!

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