

Karhi (Chick Pea Flour Stew with Dumplings)

Karhis are stew-like dishes made with yogurt/chick pea flour sauces. The *karhi* tastes better if the yogurt is at least one week old. The *karhi* may be served with any Indian bread, but tastes especially good with plain rice. It takes a bit of time to prepare, but you can substitute potatoes or other mixed vegetables for the dumpling and still have a delicious and nourishing stew.

For the Karhi

2 cups (1 lb or 500 g) plain yogurt (one week old)
9 cups (2¼ qt or 2¼ L) water
1 cup (3 oz or 90 g) besan (gram or chick pea flour)
2 tablespoons (1 fl oz or 30 ml) vegetable oil
1 teaspoon (5 g) cumin seeds
1 onion (about 4 oz or 125 g), chopped
5-6 cloves of garlic, finely chopped
2-in (5-cm) piece of ginger, grated
2-3 black cardamom pods
2 sticks (about 2-in or 5-cm each) cinnamon
3-4 bay leaves
½ teaspoon (2½ g) methi (fenugreek seeds)
3 teaspoons (½ oz or 18 g) salt
1½ teaspoons (¼ oz or 7½ g) red chili powder
1 teaspoon (5 g) turmeric
1 tablespoon (½ oz or 15 g) coriander powder

To make the *karhi*, whisk the plain yogurt until smooth and creamy. Slowly add the water and mix. Strain the gram flour into the yogurt mixture and mix well. Make sure there are no lumps.

Heat 2 tablespoons (1 fl oz or 30 ml) oil in a pot and add the cumin seeds, chopped onion, garlic, ginger, cardamom, cinnamon sticks, bay leaf, and fenugreek seeds. Sauté until the onions are light brown.

Add salt, chili powder, turmeric, and coriander powder. Mix for a few seconds, then add the yogurt and gram flour mixture. Turn the heat to low and simmer for half an hour.