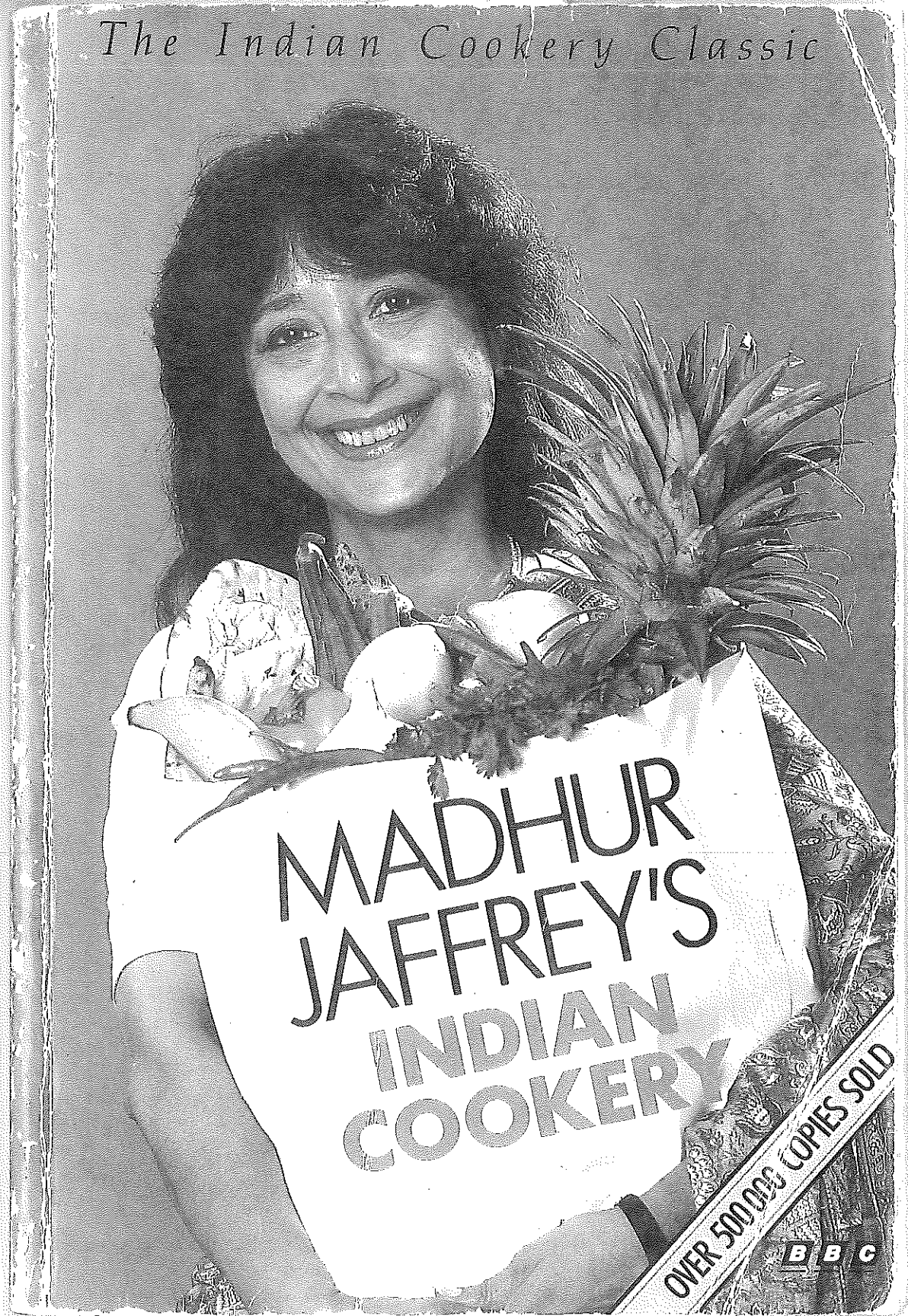


The Indian Cookery Classic



**MADHUR
JAFFREY'S
INDIAN
COOKERY**

OVER 500,000 COPIES SOLD

B B C

Black-eyed beans with mushrooms

Lobhia aur khumbi

I like this bean dish so much, I often find myself eating it up with a spoon, all by itself. At a meal, I serve it with *Rogan josh* ('Red lamb or beef stew', page 51) or with 'Chicken in a fried onion sauce' (page 72). Rice or Indian breads should be served on the side.

Serves 6:

$\frac{1}{2}$ lb (225g) dried black-eyed beans, picked over, washed, and drained

2 pints (1.15 litres) water

$\frac{1}{2}$ lb (225g) fresh mushrooms

6 tablespoons vegetable oil

1 teaspoon whole cumin seeds

A 1 inch (2.5cm) stick of cinnamon

5 oz (150g) onions, peeled and chopped

4 cloves garlic, peeled and very finely chopped

14 oz (400g) tomatoes, peeled (see page 29) and chopped

2 teaspoons ground coriander seeds

1 teaspoon ground cumin seeds

$\frac{1}{2}$ teaspoon ground turmeric

$\frac{1}{4}$ teaspoon cayenne pepper

2 teaspoons salt

Freshly ground black pepper

3 tablespoons chopped fresh coriander (fresh parsley may be substituted)

Put the beans and water into a heavy pot and bring to a boil. Cover, turn heat to low and simmer gently for 2 minutes. Turn off the heat and let the pot sit, covered and undisturbed, for 1 hour.

While the pot is resting, cut the mushrooms through their stems into $\frac{1}{8}$ inch (3mm) thick slices.

Heat the oil in a frying pan over a medium-high flame. When hot, put in the whole cumin seeds and the cinnamon stick. Let them sizzle for 5–6 seconds. Now put in the onions and garlic. Stir and fry until the onion pieces turn brown at the edges. Put in the mushrooms. Stir and fry until the mushrooms wilt. Now put in the tomatoes, ground coriander, ground cumin, turmeric, and cayenne. Stir and cook for a minute. Cover, turn heat to low and let this mixture cook in its own juices for 10 minutes. Turn off the heat under the frying pan.

Bring the beans to a boil again. Cover, turn heat to low and simmer for 20–30 minutes or until beans are tender. To this bean and water mixture, add the mushroom mixture, salt, black pepper, and fresh coriander. Stir to mix and bring to a simmer. Simmer, uncovered, on medium-low heat for another 30 minutes. Stir occasionally. Remove cinnamon stick before serving.