CURRIED MUSHROOMS AND CHICKPEAS

(from Jennifer Raymond, *The Peaceful Palate*)

1/2 cup sherry, white wine or dry vermouth
1 large onion, chopped
1 or 2 cloves garlic, minced
1 pound mushrooms, sliced
1 28-oz can crushed tomatoes (all or part of can)*
1 can chickpeas or garbanzo beans, drained
1 tbsp whole cumin seed, ground in spice/coffee grinder, OR 1½ tsp ground cumin*
1 tsp each ground coriander and turmeric
1/8 tsp cayenne or to taste*
1/2 tsp ground ginger*
1/4 tsp salt

In a large pot, pour in the sherry, then add the onions, garlic and mushrooms and sauté over medium heat for about 5 minutes until the onions are translucent and soft, and the mushrooms have given up some of their liquid and are reduced in size.

Add the tomatoes, garbanzo beans, cumin, and other spices. Bring to a simmer and cook over medium-low heat until the flavors are well blended. Serve over brown rice or other grain.

*Editor's Notes:

The recipe calls for a whole 28-oz can of crushed tomatoes, but I sometimes use less and reserve the rest for another recipe.

You can dry-toast the cumin separately for added flavor. Watch it carefully so it doesn't burn.

The original recipe calls for ½ tsp cayenne, which is a lot; be guided by your own taste and tolerance for "heat."

If you have fresh ginger on hand, feel free to mince some and add it with the final group of ingredients.

You can make this recipe easier by substituting 1 - 2 tsp curry powder for all of the spices.

