

Double curry chickpea toasted flatbread

by Chef Keysh

This recipe was inspired by the bold Caribbean flavors I grew up eating in Jamaica. Curry has always been a staple in my family's cooking, so I wanted to take those familiar flavors and give them a fresh twist with crispy toasted flatbread and hearty chickpeas. It's a simple way to enjoy a comforting, flavor-packed meal while celebrating my heritage and showing a little love for animals. My biggest tip is to toast the flatbread until it's golden and crisp for the perfect texture in every bite.

Makes 10-12 flatbreads

Ingredients

For the dough

2 cups all-purpose flour
1 tsp instant yeast
1 tsp sugar
½ tsp salt
1 tsp turmeric
½ tsp ground cumin (optional)
About ¾ cup warm water
1 tbsp oil (plus more for frying)

For the curried channa

2 cans (15 oz each) chickpeas, drained (or 3 cups cooked dried chickpeas)
1 small onion, diced
3 cloves garlic, minced
1 tbsp grated ginger
2 tbsp curry powder (preferably Trinidad-style)
1 tsp ground cumin
½ tsp turmeric
¼ tsp ground geera (roasted cumin seeds) (optional)
1 tsp salt (adjust to taste)
2 cups water

2 tbsp oil

1 tbsp chopped cilantro or culantro (optional)

Instructions

1. Start with the dough. Mix the flour, yeast, sugar, salt, turmeric, and cumin.
2. Add the warm water gradually until a soft, slightly sticky dough forms.
3. Knead for 5–8 minutes until smooth.
4. Cover and let rise for 1–1½ hours, until doubled.
5. Divide into 10–12 balls and let rest 15 minutes.
6. Oil your hands and flatten each into a thin 5–6 inch circle.
7. Fry in 350°F (175°C) oil for about 20–30 seconds per side until puffed and lightly golden. Don't overcook—they should stay soft.
8. Then, make the curried chana. Heat oil and sauté the onion until soft.
9. Add garlic and ginger; cook for 30 seconds.
10. Stir in the curry powder, cumin, and turmeric. Cook for 1 minute.
11. Add the chickpeas, water, and salt.
12. Simmer 20–30 minutes.
13. Mash about one-third of the chickpeas with the back of a spoon to create a creamy texture.
14. Stir in cilantro if using.