



Posted on 17 September 2012
by Terry Sequeira

Chicken Sukha

Ingredients

1 Chicken
3 large onions
Ginger
5 flakes garlic
2tsp. Coriander seeds, roasted and ground to a powder
4 red chilis, roasted and ground to a powder
2tsp. Badishap, roasted and ground to a powder
1tbsp. Tomato paste
4 green chilis

Preparation

- 1 Put oil, pinch of mustard then karipatha, garam masala, then onions, green chilis, and garlic and fry
- 2 Add the tomato paste, then the podered masala and fry for some time
- 3 Add the chicken and keep on a slow fire untילו cooked.

Cooks Note
