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Murgh Jalfrezi

Ingredients

3lb. Whole chicken
4 medium onions
2tsp. Red chili powder
7oz. Yoghurt
0.5oz. Fresh coriander, chopped
1tsp. Garam masala
4 green chilis, seeds removed, chopped
Hayat ghee for frying
For the marinade: 3.5oz. Yoghurt
2tbsp. Garlic, chopped
2 tbsp. coriander powder
½tsp. turmeric powder
2 tbsp. ginger, chopped
Juice of 2 lemons

Preparation

1. For the marinade: combine all the ingredients and mix thoroughly
2. For the marinade: Cut chicken pieces and marinate in the refrigerator overnight
3. Heat the hayat ghee in a Dutch oven or thick based frying pan and fry the onion until golden brown
4. Remove the onion from the pan and set to one side
5. Fry the chicken in the same pan until it is almost cooked and browned
6. Add the leftover marinade and saute again
7. Whisk the chili poder in the yoghurt and add to the chicken
8. Add the fried onion and green chilis
9. Cover and cook on a low heat for 10-12 minutes until the chicken is cooked through
10. Serve garnished with coriander leaves and garam masala

Cooks Note