

Posted on 7 October 2012

by ewfood

Chicken Jalfrezi



Ingredients

1500g whole chicken
4 medium onions - finely sliced
2 tsp red chili powder
200g yoghurt
2 tbsp coriander leaves chopped
1 tsp.garam masala powder (a combination of cloves, cinnamon, cardamom and peppercorns)
4 green chilies - de-seeded and chopped
Ghee for frying - as per your wish

FOR THE MARINADE
6 tbsp yoghurt
2 tbsp garlic chopped
2 tbsp coriander powder
1/2 tsp turmeric powder
2 tbsp ginger chopped
Juice of 2 limes
Salt to taste

Preparation

1. Combine all the ingredients for the marinade in a bowl and mix thoroughly.
2. Then cut the chicken into pieces and add to the marinade.
3. Mix well and refrigerate overnight.
4. Heat ghee in a thick based pan and fry the onions till golden brown.
5. Remove the onions and keep aside.
6. Now fry the chicken in two lots in the remaining ghee till they are 80% cooked and are browned on all sides.
7. Add the leftover marinade and saute again.
8. Whisk the chili powder in the yoghurt and add to the chicken.
9. Reduce heat after two minutes and add fried onion, as well as the green chilies.
10. Cover the pan and cook on low heat for 10 to 12 minutes until cooked.
11. Garnish with coriander leaves and garam masala.