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*by ewfood*

## Traditional Mehdi Chicken



## Ingredients

1lb. Chicken, cubed  
 1 lime, juice  
 1tsp. red chili powder  
 8 Almonds, crushed  
 1 inch Cinnamon stick  
 8 whole Peppercorns  
 2 Bay leaves  
 6 Cloves  
 2tsp. Cardamom seeds  
 8 oz. Fresh Yoghurt  
 1.5oz Cooking oil  
 2 Onions, chopped  
 2tsp. Garlic, crushed into a paste  
 1 tsp. Ginger, crushed into a paste  
 2 tsp. Coriander Powder  
 1 tsp. Cumin Powder  
 ¼ tsp. Turmeric Powder  
 1 tin crushed tomatoes  
 16fl oz. Chicken Stock  
 2 tbsp. Dried Fenugreek Leaves  
 2oz. butter, softened  
 Coriander Leaves  
 Salt to Taste

## Preparation

- 1 Coat the chicken in the chili and lime, cover and marinate for an hour.
- 2 Heat a dry pan on medium heat and gently roast the almonds, cinnamon, peppercorns, bay leaves, cloves. Stir the spices often until they are slightly roasted. Allow the spices to cool slightly.
- 3 Add the cardamom seeds and coarsely grind the spices.
- 4 Mix these spices with the yoghurt and add this mixture to the chicken. Cover and allow to marinate for an additional hour.
- 5 Heat the oil in a deep pan. Reduce the heat to medium and sauté the onions until they turn a light brown. Add the garlic and ginger and sauté for an additional minute.
- 6 Add only the chicken pieces to this pan and sauté until the chicken turns white. Add the tomato, fenugreek, chicken stock and the remaining marinade. Cook until the gravy has reduced by half and the chicken is cooked through.

- 7 Melt the butter and pour it over the chicken. Garnish the dish with coriander and serve it hot with an accompaniment of naan bread and basmati rice.

## **Cooks Note**

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