

Posted on 2 January 2013

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 marinade 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 marinade 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