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by Liz Robb

Liz's Chicken Curry



Ingredients

1 large onion
3 fat cloves of garlic
Small chunk of fresh ginger
1 teaspoon of turmeric
800g chicken breast
3 tablespoons of clarified butter or ghee
1 teaspoon of cumin seeds
1 teaspoon of fennel seeds
1 teaspoon of chilli powder
1 teaspoon of coriander
200g plain yoghurt
400g can of chopped tomatoes
1 teaspoon of garam masala
1 teaspoon of sugar
100g chicken stock
Bunch of fresh coriander

Preparation

1. 1. Peel and chop the onion and whizz in a blender with 4 tablespoons of cold water to make a paste. Peel and roughly chop the ginger, peel and slice the garlic cloves and add them both to the onion, along with another 4 tablespoons of cold water, and blend again. Mix in a teaspoon of turmeric.

2. 2. Cook the onion paste in a small wok over a medium hot heat, stirring frequently, for 10-15 minutes until some of the water is cooked out. Remove from the heat and keep to one side.

3. 3. Remove any skin and chop the chicken into bite sized pieces. Heat 3 tablespoons of clarified butter in a large wok and cook the chicken pieces for 8-10 minutes, until cooked through. Take out the chicken with a slotted spoon, retaining the clarified butter in the wok, and put aside on a plate.

4. 4. Use a pestle and mortar to grind the cumin and fennel seeds. Heat again the ghee used to cook the chicken, add the onion paste and cook for 1 minute over a fairly hot heat, then add the cumin and fennel seeds, chilli powder and coriander and cook for 4 more minutes over a medium hot heat.

5. 5. Return the chicken pieces to the wok and stir to coat with the onion and spice mixture. Drop in the yoghurt a little at a time and stir in well. Simmer gently, stirring constantly, for 10-15 minutes.

6. 6. Add the can of chopped tomatoes and stir them into the curry. Sprinkle in the garam masala and the sugar and stir in. Finally, add 100g of hot chicken stock, mix well, and

simmer over a low heat, stirring occasionally, for 15-20 minutes.

7 7. Wash and chop fresh coriander and use to garnish the chicken curry. Serve with basmati rice or naan bread, with a small dish of plain yoghurt in case anyone wishes to add extra to their plate of curry.

Cooks Note

Don't be deceived by the simple title of this recipe, this traditional Indian curry is packed with wonderful flavours, like ginger, garlic and coriander, and full of many aromatic spices. It may seem a bit daunting initially as it contains rather a long list of ingredients, but once you have them in store you can use them to make a variety of delicious spicy curries, and adapt this fairly basic recipe to try new ideas.
This quantity of ingredients should serve four people.