Posted on 20 June 2016

by Liz Robb

Chicken with creamy turmeric sauce

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Ingredients

1 onion 2 fat cloves of garlic
A small chunk of fresh ginger
A small red chilli
1 tablespoon of olive oil
2 teaspoons of ground turmeric
Half a teaspoon of ground cumin
1 teaspoon of garam masala
A quarter teaspoon of cayenne pepper [*optional]
300g canned chopped tomatoes
2 bay leaves
400ml coconut milk
1 teaspoon of ground almonds
Salt and freshly ground black pepper
4 chicken breasts
Half a teaspoon of fresh lime juice
1 heaped teaspoon of brown sugar
A few sprigs of fresh coriander
Servings
4
Person

Preparation

1. 1. Peel and chop the onion and the ginger very finely. Peel the garlic cloves. Deseed and finely chop the chilli. Heat the oil in a large saucepan over a low heat and gently sauté the chopped onion for 2-3 minutes, then add the crushed garlic, ginger and chilli and cook for another 3 minutes. 2. Add the turmeric, cumin and garam masala, stir them into the onion mixture and cook gently together for another 2 minutes. *This will make a fairly mild to medium spiced sauce
2. if you like your food to be quite hot and spicy, add the cayenne pepper too.
3. 3. Stir in the chopped tomatoes, add the bay leaves and bring to a gentle simmer. Cover with a lid and cook gently, stirring occasionally, for 20 minutes.
4. 4. Remove the bay leaves and blend the sauce. Add the coconut milk [full fat rather than half fat coconut milk is needed for this dish] and the ground almonds, season to taste with salt and black pepper, then simmer gently, uncovered, for 15-20 minutes, stirring every few minutes, until the sauce reaches the desired thickness.
5. 5. Meanwhile, remove the skin from the chicken breasts and griddle them for 5-6 minutes each side, or until the chicken is cooked right through.
6. 6. Finally, stir the lime juice and the brown sugar into the sauce and cook for just a minute or two, taste and adjust if necessary. Lay each chicken breast on a bed of rice in a dish, spoon over the sauce and garnish with a few chopped coriander leaves.

Cooks Note

Turmeric chicken is one of my very favourite dishes at one of our local restaurants, so I decided to read up on it and try making it myself; I was really pleased with the result! It's not complicated at all to cook, and makes a really flavoursome dinner dish.

Serve it on a bed of fluffy jasmine rice, with some warm naan bread, or simply with chips or jacket potatoes and salad for a quick tasty family supper.

Serves 4.