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by Liz Robb

Chicken with creamy turmeric sauce



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. 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. 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.
