

BENGALI BOONA CURRY

(Daphne Fernandes)

Ingredients

1 medium chicken	½ tsp pepper powder
2 tsps chilli powder	6 cloves fresh garlic <u>or</u> ½ tsp garlic powder
1 tsp paprika powder	1" fresh ginger or ½ tsp ginger powder
½ tsp turmeric powder	
2 tsp coriander powder	
1 tsp cumin powder	

WHOLE SPICES

2 tsps coriander	3 cardamoms
1 tsp cumin	¼ cup oil (corn)
6 cloves	2 medium onions
2 sticks cinnamon OR	4 bay leaves
½ tsp cinnamon powder	Salt to taste

Method:

- ❖ Cut chicken into pieces. Grate the ginger, garlic and half an onion. Slice the remaining 1 ½ onions.
- ❖ Mix together the spice powders, salt, grated ginger, garlic and onion with water to form a thick paste.
- ❖ Sauté in the oil the remaining 1 ½ onions. Add the spice paste and fry for a few minutes.
- ❖ Add the chicken pieces and brown well. Now add about a cup of water. When it boils drop in the bay leaves, cloves, cardamoms and cinnamon. Cook on a medium heat until done.
- ❖ Roast the whole coriander and cumin and crush into powder form. Sprinkle over the chicken curry just before removing from the heat.