

CHICKEN CURRY

(Jennifer D'Souza)

Ingredients

3 large cloves garlic	1 heap tbsp ground coriander
2 inches ginger	1 tsp ground cumin
1 large onion, chopped	1 tsp garam masala
2 large tomatoes	½ tsp ground tumeric
1/2cup fresh cilantro chopped (Including soft stems)	½ tsp salt or to taste
1 to 3 green peppers, stemmed	¼ tsp fresh ground black pepper
3 tbsp vegetable oil	½ cup non fat plain yogurt, whisked until smooth
2 bay leaves	1 chicken (2 ½ to 3 lbs) skinned and cut into serving pieces
5 green cardamom pods, crushed lightly	1 cup water or more as required
2 (1 inch) sticks cinnamon	

Method:

- ❖ In a food processor, process together the garlic, ginger & onion. Remove to a bowl.
- ❖ Then process together tomatoes, cilantro and green peppers until smooth. Remove in another bowl.
- ❖ Heat the oil in a large pan over medium high heat. Add bay leaves, cardamom pods & cinnamon, stirring about 30 seconds
- ❖ Add the garlic/ginger/onion mixture and cook until browned. Add the tomato/cilantro mixture and continue to cook; stirring until all the juices evaporate for about 7 minutes.
- ❖ Add the coriander, cumin, garam masala, tumeric, salt and black pepper, then mix in the yogurt, stirring constantly,
- ❖ Add the chicken pieces and stir about 5 minutes. Add 1 cup water, cover the pan and cook for 5 minutes, reduce heat and cook until chicken is tender about 30 minutes.
- ❖ Garnish with cilantro and serve with roti or steam rice