



Chicken Curry (*Murg Kari*)

Serves 4-6

Recipe courtesy of Time-Life 'The Cooking of India'

2 1/2 lb chicken breasts, boned and skinned
2 1/2 tsp salt
6 tbsp vegetable, or olive oil
6 oz. finely chopped onions
2 1/2 tsp chopped garlic
1 1/2 tsp chopped ginger
1 tsp ground cumin
1 tsp turmeric
1 tsp ground coriander
1 tsp cayenne pepper
1/4 tsp ground fennel seeds
6 tbsp water
1 lb can tomatoes, drained and chopped
3 tbsp chopped fresh cilantro, plus extra for garnish
6 tbsp plain yogurt

Cut up the chicken breasts into smaller pieces, pat dry and sprinkle with salt. Then heat the oil over high heat in a large skillet, until water flicked into it splutters instantly. Add the chicken and cook for 3-4 minutes on each side, until each piece is white and fairly firm. Transfer the chicken to plate.

Add the onions, garlic and ginger to the oil remaining in the pan and sauté for about 8-10 minutes, stirring constantly, until the onions are soft and golden brown. Reduce the heat to low, add the cumin, turmeric, ground coriander, fennel and 1 tablespoon of water, and cook for a minute or so, stirring constantly. Stir in the tomatoes, 1 tablespoon of fresh cilantro, the yogurt and the remaining teaspoon of salt.

Increase the heat to medium and add the chicken plus any juices that have accumulated on the plate. Pour in the rest of the water. Bring to a boil, turning the chicken over in the sauce to coat the pieces evenly. Sprinkle the top with garam masala and the rest of the fresh cilantro.. Reduce the heat to low, cover tightly, and simmer for about 20 minutes, until the chicken is tender but not falling apart.

To serve, arrange the chicken attractively on a heated dish, pour the remaining sauce over top, and sprinkle with chopped cilantro. I usually accompany the Chicken Curry with steamed basmati rice and papadums.