

Chicken Pasanda Curry

with pilaff rice

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Ingredients:

200g Chicken Breast
1tbs Garlic paste
1tbs Ginger paste
25ml Sunflower oil
1 large Onion (finely chopped)
1/3 Green chilli
(deseeded and chopped)
1 Green cardamom pod (bruised)
½ Cinnamon stick
1tsp Ground coriander
½ tsp Ground cumin
½ tsp Ground turmeric
175ml Chicken stock
75ml Double cream
2tbsp Ground almonds
½ tsp Salt
½ tsp Garam masala
Paprika and toasted flaked
almonds to garnish

Method:

1. Cut the chicken into thin slices, then place them between cling film and pound with a rolling pin to make them even thinner.
2. Put the chicken slices into a bowl, add the garlic and the ginger paste and use your hands to rub the paste into the chicken.
3. Cover and set aside in a cool place to marinate for 1 hour.
4. Place the large sauté pan over a medium heat and add 25ml of the sunflower oil, once hot add the chopped onions and the chilli and cook stirring frequently, until the onions are golden brown.
5. Stir in the cardamom pods, cinnamon stick, coriander, cumin and turmeric and continue stirring until the spices are aromatic.
6. Add the chicken to the pan and cook, making sure it is brown on all sides.
7. Stir in the chicken stock and bring to the boil.
8. Cover the pan with the lid and place in the oven at 140°C and cook until tender this could take from 30 min to 1 hours depending on the cut of chicken.
9. When the chicken is tender stir in the cream and the ground almonds. (be very careful the sauté pan handle will be very hot remember to use the pan handle covers provided)
10. Simmer the curry on a medium heat on top of the stove for 5 minutes uncovered stirring occasionally.
11. Garnish with a sprinkling of paprika and toasted flaked almonds.

Pilaff Rice

Ingredients:

1 Part long grain rice
(60g per portion)
1 ¼ parts stock
1 Onion finely diced
1 Bay leaf
30g Butter

Method:

1. Heat pan with a lid add butter then add onion and sweat for 4-5 minutes without colour.
2. Add rice and toast for 1 minute coating rice in the butter. Now add stock bring to the boil place on a paper cartouche take off heat put lid on.
3. Place in a pre heated oven 170°C for 18 minutes. Allow rice to stand once out and fluff up with a fork.

