

Bangali Red Chicken Curry

Chicken

1 lb boneless, skinless chicken and combine with:

Wet Spices

4 cloves garlic

1 ½ inch peeled ginger

3 tomatoes

1 tsp tomato paste

½ tsp cumin seeds

Blender the above, combine and set aside

Dry Spices

2 tsp ground coriander

2 tsp cayenne powder

½ tsp turmeric powder

¼ tsp Garam Masala (can be bought at Indian Rice Factory or an Indian grocery store)

Mix the above and set aside

Other

4 tbsp oil

2 med onions - chopped

1 cup tomato juice

1 tbsp white vinegar

salt to taste

Garnish

2 tsp finely chopped coriander

set aside

Cooking

Heat oil; cook onions until lightly coloured, stir occasionally; add Dry Spices and cook for 1 minute, keep stirring constantly; mix in chicken, stir; mix in Wet Spices, stir occasionally for 1 minute or so; add tomato juice, stir, cover and bring to medium simmer; when chicken cooked, add salt to taste; stir in vinegar; add garnish prior to service

Rice Prep

1 cup Basmati rice

2 cups water

½ cup green peas

½ cup cauliflower

½ cup chopped cabbage

½ tsp butter

pinch of salt

Cooking

Wash rice and drain; bring water to boil in pot; add rice and all vegetables, bring to vigorous boil; when water boils down to level of rice, cover and turn down heat to low for approx 10-15 minutes; remove from heat and set aside; add butter prior to service

© 2004 Amar K. Patel. All rights reserved.