

# Preston-Layne Recipes

## Indian-Inspired Chicken Thighs

### Ingredients

- 1 Lb Boneless, skinless chicken thighs
- 1 Medium onion, finely chopped
- 2 or 3 Large jalapeños, seeded and finely chopped (*see notes*)
- 3 to 5 (or more!) cloves of garlic, minced
- 1 Cup of tomato sauce (*You can use fresh tomatoes if you have them*)
- 1 Cup of filtered water
- 1 Tsp of cumin seeds (*see notes*).
- 1 Tsp black mustard seeds
- 1 Tsp of coriander seeds.
- 1 Tsp Turmeric
- 1 Tsp of micro-planed ginger.
- 1 Tbsp Cooking oil
- ¼ Cup or more of white wine to deglaze. (*see notes*)
- Freshly chopped cilantro to top the thighs on the plate, optional.

Heat a medium pan on low. Once the pan comes to temp, add Cumin, Mustard and Coriander seeds. Let them toast for 3 or 4 minutes, then turn the heat off and let the pan cool.

Mince the garlic, finely chop onion and jalapeño and set aside on a plate. Run ginger and turmeric both through a microplane and put on the plate. You can use powders, and if you do, place the powders in a small ramekin and place them next to the plate. Be sure to keep these ingredients near the stove.

When the seeds are cooled, place them in a mortar and pestle and coarsely grind them. Do not grind more than 60 seconds or the spices will be too fine.

Now that your spices are done, warm a medium-sized pan on medium high heat. Place your chicken thighs on a plate and sprinkle them liberally with kosher salt. (NOT table salt!) Sprinkle lightly with the cumin, mustard and coriander seed blend, making sure you reserve enough for the sauce we are going to make for the chicken

Drizzle oil in your pan and sear the chicken thighs for 2 to 3 minutes on each side. We don't want them cooked through, just lightly browned. Remove them to a clean plate.

You should have some nice "crusties" in the bottom of the pan. Add a little more oil, then add your chopped onions. When the onions are translucent, add the garlic and jalapeños. Now add your wine to deglaze. Everything should now be off the bottom of the pan. Add all your spices including your ginger and turmeric and cook for 90 to 120 seconds to release the aromas. Add the tomato sauce and water and cook for another 2 or 3 minutes, bringing the sauce to a bubble. Now add your chicken thighs back to the sauce and move them around in the sauce. Cover the pan, lower the heat, and let simmer for 5 to 7 minutes.

Plate with Basmati rice and top with freshly chopped cilantro!

-- Van Potts

### Just a few notes about ingredients:

**Jalapeño Peppers** – These peppers can be tricky. There are times I've grown jalapeños or purchased them, and they may as well be green bell peppers. Absolutely ZERO spice to them. And there have been times when I've grown or purchased them, and they have been very spicy. If you either love or hate spicy hot, there may be better peppers to use. If you prefer no heat at all you may want to use bell pepper. Just a little heat? Poblano brings a very low level of spice. Love it hotter than hot? Use Poblano for substance to your spice, then use Thai chili or another high Scoville pepper.

**Cumin Seeds** -- I use cumin almost daily in the Preston-Layne kitchen. If you use them frequently, you're aware of how much they cost when you shop at a typical "big box" food store. Preston-Layne tip: Find a local Indian grocer, where you'll spend 10% less than a typical big box store.

**Cooking Oil** – Please use good oil. As "extra virgin" (*no more than 08% acidity and no chemicals used in processing*) as possible, be it olive, avocado or any other oil. Inexpensive oil typically is a chemicalized nightmare!

### Perfect Wine Pairing:

Cave de Turckheim Pinot Gris Tradition and Gewurztraminer Tradition are both fantastic wines to pair with this dish. The Pinot Gris' lush fruit, slightly sweet palate melds well with the Indian flavors. And the Gewurztraminer's bright citrus adds a sharp, fresh zing to the meal.

