

## CHICKEN DOPIAZA

SERVES 4

Depending on the restaurant, Dopiaza curries can be mild or quite spicy. The word Dopiaza means (do) two (piaza) onions. So, the authentic Indian version of this dish is a curry with onions cooked in two different ways. This dish actually has onions 4 ways if you count the curry base and fried onion petals, however this is how they are cooked in most restaurants.

**PREP TIME: 10 MINS, PLUS MAKING THE CURRY BASE AND COOKING THE CHICKEN OR LAMB**

**COOKING TIME: 10 MINS**

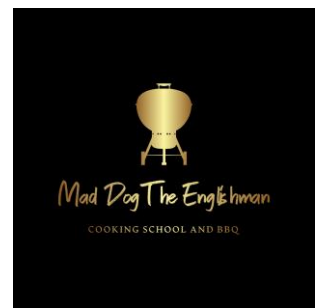
- 4 tbsp rapeseed oil or ghee.
- 1 small onion quartered and divided into individual petals.
- 1 onion finely sliced.
- 5 green cardamom pods crushed or cardamom powder.
- 1 tsp cumin seeds
- 1 tsp coriander seeds, crushed.
- 3 cloves garlic minced.
- 2" piece of ginger finely grated.
- 2 tbsp good quality curry powder.
- 1 tsp ground cumin.
- 1—2 tsp mild or hot chilli powder, to taste.
- 100ml tomato purée.
- 400ml (2 cups) **curry base**.
- 500g pre-cooked stewed chicken, lamb or aubergine.
- 250ml chicken or lamb stock.
- 1 tsp dried fenugreek leaves or dried mint.
- Salt, to taste
- 1tbs natural yoghurt.
- Small bunch of coriander, chopped.
- 1 tsp garam masala

### Method

Heat 1 tablespoon of the oil in a large pan over a high heat. When hot, throw in the onion petals and fry them until they are nicely charred but still quite crisp. Remove with a slotted spoon to a plate.

Reduce the heat to medium—high and pour in the rest of the oil. When bubbles start to appear, add the diced onion and cook for about 10 mins. Toss in the whole spices and stir around in the oil for about 30 seconds and enjoy the aroma of that awesome meal you're making.

Stir in the garlic and ginger paste and let it sizzle until fragrant, then add the mixed powder, ground cumin, chilli powder and tomato purée. Give this all a good stir and then add 250ml of the curry base.



The sauce will begin to bubble rapidly and, when it does, add the rest of the curry base and stock.

Turn up the heat and simmer.

Add the chicken, lamb or aubergine pieces and continue to simmer, without stirring, for about 2 minutes until the chicken is warmed through. The sauce will cook down and become thicker, but if it becomes too thick for your liking, add a little more stock. Add 2 tbs yoghurt (optional)

Add the dried fenugreek leaves or mint and charred onion petals. Season with salt, then sprinkle with the coriander and garam masala to serve.

## Curry Base Sauce

### INGREDIENTS

- 500g tennis ball sized cooking onions – finely sliced.
- 3 cloves of garlic – smashed in their skins.
- 1 inch piece of ginger – finely sliced.
- 1 inch carrot - peeled and chopped.
- ¼ cup shredded cabbage.
- ¼ red bell pepper – diced.
- Water to cover vegetables.
- 2 tomatoes - finely chopped. Or half tin of tomatoes.
- 1 pinch turmeric
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 teaspoon ground fenugreek seed.

Place all of the ingredients in a pressure cooker or a large saucepan and cook for 30 mins (45 mins in saucepan)

Leave to cool a bit then use a stick blender or blender/liquidiser to blend into a smooth sauce.