



## Chicken Korai

- 500gram chicken thigh skin and bone left on- left to dry
- 400gram Paneer or Tofu Vegetarian option
- 100ml groundnut oil
- 3 cardamom pods
- 2 inch piece cassia bark (cinnamon)
- 4-5 green chillies (hot) or to taste
- 1 green pepper thinly sliced
- 4 medium tomatoes - halved
- 2 bay leaves
- 2 heaped tsp ginger paste
- 2 heaped tsp garlic paste

### \*Spice mix

- 1/2 tsp turmeric
- 1 tsp garam massala
- 1 tsp chilli powder (leave out for a milder curry)
- 1.5 tsp coriander powder
- 1 tsp cumin powder
- 1 tsp dried fenugreek leaves
- Coriander to garnish
- Salt to taste

### Method:

Dry your chicken before adding to a hot pan: it WILL spit.

Halve your tomatoes and have your spices already in a bowl ready for adding. Crack your cardamoms.

Add the oil to a large, curved pan (Wok or Karahi) and put on a medium high flame, oil needs to be hot before we add the chicken parts, add them in carefully when ready and add a touch of HOT water if the water/oil level isn't about an inch into the pan.

Fry for 1 minute to let the chicken go white or just sealed.

Add bay leaves, chillies, cassia bark/cinnamon and cardamom pods. Stir for 30 seconds to incorporate before adding the ginger and garlic.

Stir briefly before adding at least a teaspoon of salt or up to 2 depending on your preference.

Briefly stir before adding a pinch of fenugreek leaves if you have them. Stir and fry for 30 seconds.

Place halved tomatoes skin side up in the pan, make sure there's enough water in the pan to create some steam and avoid sticking. Put a lid on your pan and leave until you feel the tomatoes lose their firmness or until you can remove their skins easily, should take about 6-8 minutes. Remove the skins of the tomatoes using tongs or remove onto a plate and simply use a knife and fork to separate the skin from the tomato, make sure to remove the skins but add the tomatoes flesh back to the pan.

Crush the tomatoes into a paste with a spoon or wooden spatula inside the pan Stir and fry for 30 seconds before adding the spice mix! make sure the pan is medium/high temperature and stir into the dish for 30 seconds.

Reduce the sauce ensuring the chicken is cooked thoroughly using your best judgement or meat probe if you have one.

The dish will be finished once the sauce reduces to a thick paste or to your preference.

Garnish with fresh coriander.