

ArmadilloPepper.com

CHICKEN CURRY Recipe

Ingredients:

2 tblsp oil or ghee
2 medium onions, sliced thinly
6 cloves garlic, crushed
2" piece fresh ginger, finely chopped
1.5 tsp turmeric
2 tsp chili powder
1/2 tsp ground black pepper
1/2 tsp ground [fenugreek](#)
2 tsp ground coriander
1 tsp ground cumin
2 tsp hot paprika
1 kg lean diced chicken either breasts or thigh fillets - no skin
2 x 400ml coconut cream
1.5 tsp salt
2 curry leaves (optional)
1 pkt frozen 'Findus' chopped spinach

Instructions:

Heat oil in heavy pan. Add onions and fry until golden brown. Add garlic, ginger and all spices except salt. Fry for 5 minutes until fragrant. If mixture is too dry add a little water. Stir regularly to prevent burning.

Add chicken and toss through to coat with onion/spices. Fry further 10 minutes, stirring to prevent burning/sticking.

Add thawed spinach and mix thoroughly. Add coconut cream and salt. Stir well. Add curry leaves, bring to a rapid boil.

Reduce heat and allow to simmer for at least 1.5 hours covered.

Remove lid and simmer till sauce reduces, usually 15-30 minutes.

This is an exceptionally hot curry, if you prefer a milder curry reduce by half the following ingredients: chilli powder and hot paprika.

The original recipe I had for this dish was Turkari Molee a lamb dish, but as we like chicken I have substituted chicken for the lamb and it is wonderful. If you like lamb curries try it with lamb as well. particularly nice with Pumpkin Fugadh. Email if you would like the recipe.

Courtesy of bss_graeme@seqeb.gov.au (Philippa Wightman)

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