

?V? in our Ingredients Alphabet. Ok it?s more on a dish than an ingredient, but not to worry. The list of ingredients is a bit daunting but we actually had all the spices in ?Spice Corner?. We?re a bit sad like that!

Ingredients:-

2 teaspoons Coriander seeds
1 teaspoon Mustard Powder
1 teaspoon whole black peppercorns
4 Cardamom pods
1 teaspoon of Clove Powder
1 teaspoon hot chili flakes
1 teaspoon ground turmeric
2 teaspoons Sugar
1 tablespoon Fresh Ginger, finely sliced
1 tablespoon Garlic paste (We Used Lacto Fermented Garlic cloves)
2 tablespoons tomato puree
1 teaspoon Garam Masala
1/2 cup Cider vinegar
½ a cooked Chicken, cut into reasonable sized lumps
2 tablespoons vegetable oil
1 medium onion (finely sliced)
A tin of chopped Tomatoes
1 cup chicken stock
The remaining Coriander from the fridge (I got rid of the soggy black bits ? but we are both still alive!)
Oil
Salt

Method:-

(1) Heat a frying pan to hot but not smoking, add the cumin seeds, peppercorn, cardamom Pods. Constantly shaking the pan to prevent burning until the spices smell good.
(2) Allow to cool.
(3) In a Pastel and Mortar grind all those bits and bobs. Add a little Oil if needed.
(4) Transfer everything to a large pan.
(5) Fry the Onions and Garlic in a little Oil, until softened.
(6) in your large pan dump everything excluding the Chicken and Coriander Bring to the boil and then allow to simmer.
(7) Walk away, do a days work, sleep a little?..
(8) Add the Chicken about 20 minutes before you intend to eat. Stir gently.

A bit of Rice, the Curry garnished excessively with Coriander and a few home made Onion Bhaji - sorted!