



A £2 yellow sticker Chicken was the foundation here. I roughly butchered it so we have sizeable chunks of Meat on the bone with the skin on.

Ingredients:-

Dry Seasonings:-

- 1 Tsp of Black Peppercorns
- 3 Cardamom Pods
- 1 Tsp of Cumin Seeds
- 5 Cloves
- ½ a stick of Cinnamon
- 1 Tsp of Fennel Seeds

Curry Ingredients:-

- A whole Chicken, cut into quarters roughly
- ¼ a Tsp of Turmeric
- ½ a Tsp of Salt
- 15 Curry Leaves
- 1 Onion, finely diced
- 10 Cloves of Garlic, minced
- 1 of Tbsp of Tomato Puree
- ½ a Tsp of Paprika
- ½ a Tsp of Cayenne Pepper
- 2 Tbsp of Chilli & Garlic Oil

1 Tsp of Salt

Fresh Coriander leaves and sliced Red Onion to garnish

Oil to fry

Method:-

- (1) In a dry frying pan fry the spices on a low heat until aromatic.
- (2) Set aside to cool.
- (3) When cool grind and set aside.
- (4) Mix the Chicken with the Turmeric and Salt and allow to sit for 20 minutes.
- (5) In a flame proof dish of Dutch Oven add the Oil.
- (6) Once heated the the Curry Leaves and fry until they start to pop.
- (7) Add the Onions and Garlic and sauté over a medium heat until softened.
- (8) Add the Chicken and cook turning occasionally, until it is browned on all sides.
- (9) Add the Tomato Puree, Cayenne, Paprika, Chill & Garlic Oil and Salt. Stirring gently.
- (10) Bring to the boil and stir thoroughly.
- (11) Reduce the heat to a simmer.
- (12) Once the Chicken is cooked through add the Spice Powder and a little extra Oil.
- (13) Simmer for a further 10 minutes.
- (14) Serve over Rice garnished with Fresh Coriander leaves and sliced Red Onion.

This is a recipe for four servings. Still roughly in budget and we have a couple of servings in the freezer for a rainy day. We're fortunate to have a Continental Store just up the road so the Garlic & Chilli Oil was easy to source. The Green Chilli Popadums were really good as well, but they are a bit of an Oil killer if you fry them too hot.