



Indian Cuisine

Chapathi and Chicken curry



Chicken curry

Ingredients : Chicken – 1 Kg

Fresh ingredients :

- Onion – 2 big or 3 medium
- Ginger – 1 inch piece
- Garlic - 6 pods
- Green chilly - 3
- Coriander leaves - a bunch or 2
- Yogurt – 2 tea spoon
- Salt- as per taste
- Oil – 4 to 5 table spoon
- Tomato paste – 2 table spoon
- Sugar - ¼ tea spoon

Dry spices:

• Whole spices:

- Cinnamon
- Red chilly
- Cardamom
- Pepper
- Bay leaf

• Powders :

- Coriander powder - 1 table spoon
- Cumin powder- 2 table spoon
- Red chilli powder- 1 table spoon
- Turmeric powder- 1 table spoon
- Garam masala powder- ½ table spoon



Method



- Green paste :

Grind the ginger, garlic and 1 green chilly to a fine paste in a mixer/blender

1. Wash the chicken well and drain. Marinate the chicken with 2 tea spoon of the green paste, yogurt, 3 tea spoon salt, 1 table spoon of oil. Mix well. Let it marinate for at least an hour.
2. In a large wok/pan take 3 table spoon of oil and heat. When hot, add all the whole spices one by one and fry till it turns light brown.
3. Add the sugar and thinly sliced onions. Fry the onions for sometime till it turns light pink. Add all the remaining green paste and fry some more.
4. Now add the spice powders one by one. All except the garam masala.
5. Mix well and fry on a medium flame for around 10 to 15 minutes, till the mixture turns dark brown and the oil separates from the mixture.

Method



6. Now add the garam masala powder and mix well. Add half cup of water.
7. Add the marinated chicken and mix well. Let the chicken cook on medium flame for around 15 to 20 minutes or till tender. Add some water to get the required consistency of the gravy.
8. Add the tomato paste, chopped coriander leaves, 2 sliced green chillies. Switch off the flame and let the pan be covered with the lid.
9. Keep it covered for around 10 minutes before serving with Chapathi, roti or hot rice.

Chapathi

Dough:

Ingredients:

1. 2 cups of wheat flour (Not the all purpose/ white flour)
2. Half a cup or as required- water
3. Salt - a pinch
4. Oil - 2 tea spoon



Chapathi

Method to make the Chapathi dough:

- Take the flour in a flat bowl. Add a pinch of salt and mix well. Add half cup of water and mix well using your hands. Knead the dough and add water if required to get a soft and smooth dough.

Add 2 tea spoons of oil and knead some more.

- Keep covered tight for 5 minutes before rolling it
- Heat the frying pan . Place the rolled Chapathi on the hot pan. Toss it on both sides applying ghee/ oil , to get well fried light brown chapathis.

