



Cardamom Chicken Curry



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| <i>Ingredients</i> | <i>serves 4</i> |
| <i>Preparation time</i> | <i>30 mins</i> |
| <i>Cooking time</i> | <i>40 mins</i> |

50ml vegetable oil
8 cardamom pods, split
2 fat cloves of garlic, chopped
3cm piece of root ginger, peeled and shredded
2 green chillis, shredded
4 medium diced onions, diced
12 curry leaves
1/2 tsp ground turmeric
1/2 tsp chilli powder
1 tsp coriander powder
3/4 tsp cardamom powder
150ml water
500g tomatoes, finely chopped
1 chicken (about 1 kg), skin removed and jointed

- Heat the vegetable oil in a large pan and toss in the cardamom pods. After a few seconds they will begin to sizzle and give off a lovely nutty whiff. As soon as this happens, stir in the shredded ginger and chopped garlic followed by the diced onions and curry leaves.
- Fry the onions over a medium heat until golden. Sprinkle in the turmeric, chilli powder, coriander powder and half of the ground cardamom. Stir and fry for a further minute before adding the water along with the chopped tomatoes. Cook down until the sauce has thickened slightly.
- Tip the chicken pieces into the pan, add a dash of water and sprinkle in the remaining cardamom powder. Simmer the chicken curry for 15-20 minutes until the chicken is tender and the sauce has thickened.
- Serve garnished with a little more cardamom powder and scattered with chopped coriander.