

TRUPTI CHICKEN CURRY RECIPE

INGREDIENTS

1 kg chicken (broiler)-skinned and cut into 8 pieces

1 cup coconut-fresh and/or frozen defrosted and grated

1 tablespoon green, chilli-chopped fine

1 tablespoon Vegetable Oil

2 Trupti whole red chillies dry - broken into half

2 teaspoon fresh ginger-garlic paste

1 teaspoon Trupti Kashmiri chilli powder

1 teaspoon Trupti turmeric powder

2 teaspoon salt to taste

1 tablespoon tamarind thick pulp or can substitute with juice of one lemon

1 cup coconut milk canned

Coriander leaves to garnish

METHOD

Place the dry or frozen coconut in a dish and cook uncovered, at high heat for 3 minutes (or dry roast in a pan at medium heat) stirring constantly.

Then grind to a paste along with the green chillies.

Put the oil and whole red chillies in a saucepan and cook covered at high heat for 1 minute.

Add the ginger-garlic paste, mix well, and then add the chicken.

Mix well to coat.

Cook covered at high heat for 10 minutes, stirring once.

Add the coconut paste, chilli powder, turmeric, salt and 1 cup hot water.

Cover and cook for about 10 minutes, adjusting consistency if desired.

Mix in the rest.

Add tamarind/lemon and coconut milk, cook covered for 5 minutes.

Serve immediately garnished with coriander leaves.

The chicken curry is ideally paired with rice, naan and any flatbreads. Can also be changed to a vegetarian recipe where you would substitute vegetables (red, yellow, green peppers, cauliflower, bok choy, carrots and potatoes etc.) instead of the chicken.