

Chicken or Lamb

Korma Curry

INGREDIENTS

4 chicken breasts
3 tablespoons vegetable oil or ghee (clarified butter)
3 medium onions –sliced
2oz (50g) butter
4 cloves garlic - peeled and sliced
1.5 inch piece root ginger - peeled and thinly sliced (it should look about the same volume as the garlic)
Optional - 2 mild fleshy green chillies - de-seeded and veined then chopped
half teaspoon turmeric powder
1 teaspoon whole cumin seed
1 teaspoon whole coriander seed
3 cardamom pods
5 tablespoons plain passata (smooth, thick, sieved tomatoes) **or** 1 tablespoon concentrated tomato purée
1 small tub natural yoghurt
1 large tin coconut milk
2 tbs desiccated coconut
Handful chopped fresh Coriander

You can make this recipe with 1lb diced lamb – add a bag of spinach to the recipe 10 minutes before end of cooking time



Serves 4

The Method

Don't forget to start this recipe the day before – marinating the meat will create a real authentic taste – it's worth it.

1. Process garlic, cloves, ginger, chilli's (optional) and yogurt - place in a bowl with chicken or lamb, leave overnight
2. Grind cumin, coriander and cardamom, sieve and add to turmeric – dry fry for 5 minutes in a heavy bottomed pan on a low heat
3. Sauté sliced onions in butter – keep lid on pan (about 10 minutes)
4. Sauté chicken (lamb) mixture in a separate heavy bottomed pan with vegetable oil or ghee
5. Add spices, onions, coconut milk, desiccated coconut and tomato
6. Cook for 30 minutes
7. Serve with Basmati rice – sprinkle on chopped Coriander

