

Chicken curry (1993 vintage, copyright Rajnee and Robbo141)

Preparation time = 15 minutes
Cooking time = 1 hour

3 lb. Chicken pieces (skinned)
2 medium sized onions
Small piece of fresh ginger peeled) Grind them ...
4 cloves of garlic peeled) ... in liquidizer
1 cup of water
6-7 tablespoons of vegetable oil
Fresh coriander leaves (finely chopped)
1½ teaspoons of ground coriander
1 teaspoon of cumin powder
¾ teaspoon of turmeric powder
¼ teaspoon of chilli powder
2-3 teaspoons of salt
½ teaspoon of garam masala
1 small carton of yoghurt
4-5 cloves
3-4 cardamom pods
3-4 cinnamon sticks
3-4 bay leaves
Small tin of tomatoes

Heat the oil in a large wide saucepan over a medium heat. When it is hot, put in the cloves, cardamoms, cinnamon sticks and bay leaves. After a few seconds, put in the chopped onions and fry them until they are light brown (≈15 mins) add the ginger and garlic paste, then add the skinned chicken pieces and fry the chicken pieces on a slow flame stirring all the time. After (7-8 or 15) minutes put in the turmeric powder, salt, chilli powder, ground coriander and cumin powder, stir for 10 (seconds or minutes) until [the] chicken has been coated with all the spices. Then add [the] tinned tomatoes and one cup of water. Stir it once, then let it boil. Once it has started to boil, turn down the heat, put the lid on and leave for (10-15 or 15-20) minutes or until the chicken is tender.

Now put in one tablespoon of yoghurt. Stir for 30 seconds or until it has been incorporated into the sauce. Add all the yoghurt this way, 1 tablespoon at a time. Cook for another ten minutes on a low flame, then add ½ teaspoon of garam masala and finely chopped coriander leaves. Mix and cook uncovered for 2-3 minutes until the sauce is nice and thick.

Put chicken into a warm serving dish. Sprinkle the fresh coriander leaves over the top.