

Chettinad Chicken

Tangy South Indian Chicken

Hari
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Ingredients

1 tbsp poppy seeds	8 chicken thighs, skinned
1 tsp coriander seeds	salt to taste
1 tsp cumin seeds	2 limes
1 tsp fennel seeds	handful of fresh coriander leaves, chopped
3 dry red chillies	
3cm piece of cinnamon	
2 cardamom pods	
3 cloves	
50g grated coconut	
2 tsp ginger	
2 garlic cloves crushed	
2 tbsp oil	
10 curry leaves	
2 onions sliced finely	
1 star anise	
2 tomatoes	
½ tsp turmeric	
1 tsp chilli powder	

Method

- 01** Heat a heavy pan on a gentle heat and roast the poppy, coriander, cumin and fennel seeds, dry red chillies, cinnamon, cardamom, cloves and coconut for 3-4 minutes.
- 02** Remove from the heat and transfer to a bowl and leave to cool.
- 03** Once cooled, grind to a fine powder in a spice grinder.
- 04** Crush the garlic and ginger in a pestle and mortar and keep aside.
- 05** In a large pan, heat the oil and add the curry leaves. When they stop spluttering, add the sliced onions and fry till they are light brown then add the crushed garlic and ginger.
- 06** Add the ground spices and star anise and fry for a minute before adding a splash of water.
- 07** Meanwhile chop and add the tomatoes, turmeric, salt and stir in the chilli powder.
- 08** Add the chicken, cover and leave to simmer on the lowest setting until it is tender about 25 minutes.
- 09** Once the chicken is cooked through squeeze in the lime juice and remove from the heat.
- 10** Throw in the fresh coriander leaves and serve.



More on this recipe

<http://www.harighotra.co.uk/chettinad-chicken-recipe>

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