

Chicken Pathia

Gujarati Sweet and Sour Chicken



Ingredients

6 chicken thigh fillets, skinned, trimmed and cut into bite size pieces

Paste

125ml malt vinegar

2 tbsp jaggery, or brown sugar

1 heaped tsp cumin seeds

1-2 dried red chillies

2 cloves garlic

Sauce

1 tsp vegetable oil

1 star anise

1 large onion, finely diced

1 tsp salt

Handful coriander, chopped

Method

- 01** Dissolve jaggery in half the vinegar and set to one side.
- 02** Pound the cumin seeds and dried chilli in a pestle and mortar, then add the garlic to create a spice paste. Stir in one tablespoon of vinegar.
- 03** In a pan heat the oil and add the star anise. After a minute add the chopped onion and sauté until brown.
- 04** Add in the spice paste and cook for about 2-3 minutes.
- 05** Place the chicken pieces into the pan and stir fry in the paste for a few minutes.
- 06** Sprinkle in salt to taste and pour in the remaining vinegar. Cook for a further 2-3 minutes.
- 07** Add the jaggery and vinegar mixture and reduce the heat. Half cover the pan and stir occasionally. Cook for 10 minutes until the sauce is thick and sticky. The chicken should be cooked through and deliciously tender.
- 08** Sprinkle with fresh coriander to serve.

Served with

This is a dry sticky sauce that works really well with some plain rice.



More on this recipe

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