

Chicken Pasanda

Everyone's favourite creamy chicken

Hari
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Ingredients

Marinade

4 chicken breasts, skinless
1 tbsp coriander seeds
6 peppercorns
½ tsp turmeric
1 tsp chilli powder
1 tsp garam masala
1 tsp salt
5 tbsp yoghurt
1 tbsp gram flour (optional)

Sauce

1-2 tbsp ghee (clarified butter)
4cm stick of cassia bark
2-3 green cardamom pods
1 small onion, finely chopped
3cm piece fresh ginger, grated
2 garlic cloves, finely chopped
1 tomato, blended to a puree
1 tsp salt
3 tbsp sliced almonds (plus 1 tsp to serve)
handful of fresh coriander, chopped
6 peppercorns

Method

01 Place the chicken between cling film and using a rolling pin bash it out to flatten it. You can also just cut it into chunks if you prefer.

Marinade

01 Add the coriander seeds and peppercorns to a pestle and mortar and crush the seeds. Then put them into a large bowl to mix the marinade in.

02 To the bowl add turmeric, chilli powder, garam masala, salt and the yoghurt. Mix through and add the flattened chicken breasts. Massage the marinade into the meat and leave for 30 minutes.

Sauce

01 Heat the ghee in a large heavy pan, add cassia and cardamoms, stir until fragrant then add the chopped onion and cook for a few minutes.

02 Add the ginger and garlic, stir and cook for another 5 minutes on low heat stirring now and again to make sure nothing browns or burns.

03 Add the tomato puree and stir through. Leave to cook on a gentle heat for about 5 minutes.

04 In a small frying pan toast the almond slices until they just turn a brown colour, (or you can use ground almonds). Once browned remove and blend them.

05 Add a little water to make an almond paste, add this to the sauce and stir. Let this thicken for a few minutes.

06 Then add the marinated chicken and leave it to simmer gently for 15-20 minutes or until the chicken is cooked through. If the sauce gets too thick just add a little hot water - you should end up with a thick, creamy sauce.

07 To finish sprinkle with some fresh coriander and some sliced almonds then serve.

Served with

Serve garnished with chopped fresh coriander leaves.



More on this recipe

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

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