

Chicken Balti



Ingredients

3cm ginger	6-10 whole green chillies, (reduce if this is too many for you)
6 garlic cloves	500g boneless chicken thigh fillets, cut into bite-size chunks
2 tomatoes, quartered	Black peppercorns, freshly ground
1½ tsp garam masala	1 tbsp lemon juice, or to taste
1½ tsp cumin seeds, crushed	Large handful of finely chopped, fresh coriander leaves
1 tbsp coriander seeds, crushed	
1 tsp turmeric	
1 tsp Kashmiri chilli powder	
1 tbsp full-fat Greek yogurt	
Salt, to taste	
2 tbsp rapeseed oil	
1 tsp brown mustard seeds	
1 bay leaf	
1 onion, finely chopped	

Method

- 01** Blend together the ginger and garlic in a pestle and mortar or blender and set to one side.
- 02** Grind the cumin and coriander seeds and set to one side.
- 03** Blend the tomatoes to a paste and stir in the ground spices, garam masala, turmeric, Kashmiri chilli powder, yoghurt and salt.
- 04** Heat the oil in a non-stick saucepan (or karahi if you have one) and add the mustard seeds.
- 05** Once the mustard seeds pop, add the bay leaf and chopped onion.
- 06** Stir and cook on a medium heat. After about 15 minutes add the minced ginger and garlic with the green chillies for at least 20-30 minutes until the onions are well browned. If the onions catch, add a splash of water and continue to cook the onions.
- 07** Stir in the blended tomatoes, spices and yoghurt mix. Turn the heat up and stir until the mixture thickens and you are left with a thick masala paste (10-15 minutes).
- 08** Add the chicken pieces and stir into the thick masala to coat it.
- 09** Reduce the heat and place the lid on the pan. Leave to cook for about 20 minutes, stirring every now and again.
- 10** The chicken will produce a lovely thick gravy. Once the chicken is cooked through you can adjust the consistency of the sauce to your preference. To loosen, just add a little hot water, or to reduce it and make it thicker, cook further on a high flame.
- 11** Once cooked, add some black pepper and a squeeze of lemon, then check the seasoning.
- 12** Stir in the chopped coriander and serve.

