

# CHETTINARD

## *Pepper power*



## INGREDIENTS

*Oil or ghee for frying  
1 kg (2lbs) chicken fillets.*

### *Marinade*

*Juice of a lemon  
1 tsp turmeric  
1 tsp ground ginger  
2 tsp ground black pepper*

*2-3 onions  
8 cloves garlic  
20 curry leaves (opt)*

*2 large ripe tomatoes or 1 med tin  
8-10 (to taste) dried chillies  
1 Tbsp ground coriander  
1 Tbsp cumin seeds  
20 cardamom pods  
5-8 cloves  
1 tsp ground star anise  
1 tsp ground allspice  
½ tsp ground ginger  
1 stick cinnamon  
salt to taste  
water/stock as needed*

## METHOD

Mix the marinade ingredients. Cut the chicken into bite size peices and rub the marinade into the chicken. Let stand in the fridge for an hour or two.

Heat the oil (ghee) and fry onions, garlic, chillies and curry leaves, until the onions are brown. Add chicken and fry on med heat for about ten minutes. Stir frequently. Add tomatoes and all the spices. Cover until the chicken is cooked about half an hour. Stir occasionally. Add water or stock to prevent burning.





# DUCK 'N DATE

*Succulent*



## INGREDIENTS

*8 duck thighs or breast  
oil/ghee for frying*

*6 garlic cloves, finely chopped  
2 medium onions  
2 hot chilies or to taste  
1 Tbls grated fresh ginger  
1 cinnamon quill  
1 tsp cumin seeds  
1 tsp cardamom seeds  
salt and pepper to taste*

*1 Tbls ground corriander  
1 tsp turmeric  
1 tsp ground star anise  
½ tsp ground nutmeg  
1 cup fresh or dried shredded  
coconut  
1 cup coconut cream  
2 cups stock  
12 fat dates  
1 cup cashews or almonds  
juice of a lime/lemon*

## METHOD

Heat oil in a wok or deep pan over a moderate-high heat. Fry the duck, piece by piece until the skin is crispy.

Remove the duck from the pan and reserve.

Fry the onions, garlic, chillies until the onions are golden brown. Add the ginger, cinnamon, cumin and cardamom seeds and fry a few minutes more.

Add duck, and all the ground spices. Add the shredded coconut, coconut cream and stock.

Simmer for an hour then add the dates and nuts. Continue cooking until the duck is very, very tender. Add lime juice and turn off the heat.

