

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.



CARDAMOM CORIANDER AND COCONUT CHICKEN

The four C's



INGREDIENTS

oil/ghee for frying
20 cardamom pods
12 curry leaves (opt)
4 cloves of garlic
1 Tbls fresh grated ginger
2 chillis
2 medium diced onions
1 kg (2.2 Lbs) chicken fillets
½ tsp ground turmeric

1 Tbls ground coriander
1 cup water/stock
1 cup coconut cream
1 cup fresh, frozen or dry coconut
2 large ripe tomatoes

To garnish
2 Tbls chopped coriander
½ cup pistachio (opt)

METHOD

Heat the oil/ghee in a large pan. Cut the cardamom pods (scissors work well) and fry with torn curry leaves (if used). After a few seconds they will begin to sizzle. Add chopped onions, garlic, chillies and grated ginger. Fry over medium heat until the onions are golden. Remove the onion mixture from the pan and grind to a paste.

Don't wash the pan but add a bit more oil/ghee to the fry pan and fry the chicken until it is brown. Add the water/stock, tomatoes, turmeric, ground coriander, coconut cream and coconut flesh.

Let it simmer until the chicken is tender. Add more liquid if needed or simmer to reduce the liquid

Garnish with chopped coriander.



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.

