

ANITA'S TAMARIND CHICKEN CURRY (Serves 4)

Marinade

500g Chicken Breast (cut into 2 inch cubes)

3cm cube of grated fresh ginger

3 cloves of crushed/grated garlic

2 tablespoons of Tamarind paste.

Mix together ingredients well and Leave the marinated chicken for at least one hr or preferably overnight in fridge

Curry sauce

One medium white onion (finely chopped)

2 cm cube of fresh ginger (finely chopped)

Two cloves of garlic (finely chopped)

One green chilli , (finely chopped) according to taste

One teaspoon of cumin seeds

One teaspoon salt

Two teaspoons freshly ground gharam masala

½ teaspoon tumeric powder

3 tablespoons tomato puree

Fresh coriander to garnish

2 tablespoons of olive oil.

Sear the chicken pieces in a frying pan with a little hot olive oil and set aside.

Add the olive oil to a deep pan on medium heat. When oil is hot introduce the cumin. Allow the seeds to brown slightly and when sizzling, add onions/ginger and garlic and stir. Cook on a low/medium heat until all the moisture has evaporated (approx. 5mins, the onions will appear translucent) Add the chopped chillies and soon afterwards, stir in the tumeric and tomato puree giving all the flavours in the sauce a chance to mingle. Cook this sauce on low heat for 5 mins, stirring occasionally. When the tomato sauce has become glossy in appearance, add the masala and salt and the chicken pieces. Allow the chicken to cook in the sauce for 2 mins before adding approx. 100ml boiling water from the kettle and carefully combine to give an even sauce. Bring to the boil and then turn down to medium heat and let the chicken cook until perfectly tender (10-15 mins taste to check). Garnish with fresh coriander if desired and serve with basmati rice or Indian

bread.