

6/24/17

MURGH KHORMA MASALA DAHI

Chicken Braised in a Spiced Yogurt Curry



Ingredients:

1½	Pounds	Chicken Breasts or Thighs (boneless/skinless)
¼	Cup	Coconut Oil
1	Large	Onion, peeled, halved and sliced thin
8	Cloves	Garlic, <i>peeled and minced (about 3 Tablespoons)</i>
2	Tablespoons	Fresh Ginger, peeled and finely shredded (about 2 thumb-sized pieces)
½	Teaspoon	Ground Cardamom
½	Teaspoon	Ground Coriander
¼	Teaspoon	Ground Turmeric
1½	Teaspoons	Mustard Seed, toasted & ground
2	Cups	Plain Yogurt
1	Cup	Roasted Almonds
1	Cup	Water
2	Tablespoons	Fresh Cilantro, chopped
2	Cups	Basmati Rice
4	Quarts	Water
2	Tablespoons	Salt

Directions:

1. Cut chicken into ½ inch pieces. Sear in coconut oil over medium-high heat until browned on all sides. Remove from pan and set aside.
2. Reduce heat to medium and saute onion until translucent, scraping up any browned bits. Add the garlic, ginger, cardamom, coriander, turmeric and mustard seed. Saute another 2 minutes, stirring to coat the onion with the spices. Reduce heat to medium-low and add chicken.
3. Place almonds and water in blender and chop until almonds are very fine. Add the yogurt and puree until mixture is smooth. Add to onion and chicken in the pan and simmer, uncovered, for 30 – 40 minutes, stirring occasionally. Just before serving, top with cilantro.
4. While chicken is braising, rinse rice under cool running water. Place in a bowl, cover with water and let sit 30 minutes. Bring 4 quarts water and salt to a full boil. After 30 minutes, drain the soaking rice and place in boiling water.
5. Stir constantly until water comes back to a boil. Cook for 4 minutes and drain well. Add back to pan and cover until ready to serve. Fluff with fork before serving.

NOTE: If using regular white rice, boil for 12 minutes. Brown rice should cook for 18 – 20 minutes and a wild rice blend will need 23 – 25 minutes.