



Sri Lankan Chicken Curry

Ingredients

500g diced chicken or chicken pieces (with the bone left in) - if using a whole chicken, you need to joint it

3 tablespoons (45ml) oil

Garam Masala – or use ready made – 3 teaspoons

1/4 teaspoon (1ml) fenugreek seeds

1 teaspoon (5ml) ground turmeric

1 teaspoon (5ml) chilli powder

1 tablespoon (15ml) ground coriander

1 tablespoon (15ml) ground cumin

1/2 teaspoon (2.5ml) ground fennel

2 teaspoons (10ml) paprika

1 teaspoon (5ml) salt

6 cardamom pods, lightly bruised

1 5cm (2 inch) cinnamon stick

2 large onions, peeled and finely sliced

3 cloves of garlic, peeled and finely chopped (optional)

2.5cm (1 inch) piece of fresh ginger root, peeled and grated

1 small tins of thick coconut milk

200ml water

1 tablespoon (15ml) lemon juice

Optional – cherry tomatoes or sultanas

Picture

Method

Put all off the spices in a hot frying pan – allow to heat and smoke but not burn. When done put the spices in a bowl to cool then blend in a grinder or use a mortar and pestle to grind to a fine powder. Alternatively buy a jar of Garam Masala.

Heat half the oil over a medium heat in a large frying pan. Add the onion, garlic and ginger and fry until the onions are soft and a golden colour (about 5 minutes), stirring now and again.

Add the dried chilli flakes and mix well. Cook for 5 minutes. Take off the heat.

Heat the other half of the oil in a pan. When hot fry the chicken in this pan. When cooked and slightly browned add the Garam and mix the chicken and spices together, cooking the spices. After 3 minutes add a little water to let down the mixture and add the coconut milk. Reduce the heat to low, cover and cook for 30 minutes, stirring regularly - if the curry becomes too dry, add some more water. Cook uncovered until the sauce thickens, stirring regularly – season with the lemon juice, salt and pepper.

A few minutes before serving add any optional ingredients such as cherry tomatoes or sultanas etc.

Serve hot on rice or with toasted pitta breads.

Instructions

Serves 2

Preparation time: 30 mins

Cooking time: 45 minutes