



Artisan Chef, Food Writer & Teacher

## CHICKEN IN RED PEPPER SAUCE

Serves 3

### INGREDIENTS

600g skinless boneless chicken thigh, cut into pieces or get a whole large chicken and use all the meat from it

1 large onion, peeled and coarsely chopped

1 inch, piece fresh ginger, peeled and coarsely chopped

3 cloves garlic, peeled

2 x red peppers or Romano peppers

1 tablespoon ground cumin

2 teaspoons ground coriander

1/2 teaspoon ground turmeric

1/4 - 1/2 teaspoon cayenne

½ teaspoon ground pepper

½ teaspoon salt

2 1/2 tbsp. blanched almonds (optional)

125ml water or stock

2 tablespoons lemon juice

7 tbsp. vegetable oil, or olive oil





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## **METHOD**

Combine onions, ginger, garlic, peppers, salt, pepper, cumin, coriander, turmeric and cayenne in container of food processor or blender. Process until everything is finely chopped. You will likely have something resembling a paste with excess liquid from the onion and peppers.

If you have removed the bones from the thighs or whole chicken put in a pan and cover just with water. Boil to make a stock.

Heat in a pan over medium-high heat 7 tablespoons of oil. When hot, pour in the mixture from the blender all at once. Stir and fry about 10 minutes until you can see the oil forming tiny bubbles round it.

Add the chicken to the pan with the water or stock and lemon juice. Stir to mix, bring to a boil and cover. Reduce the heat to low and simmer gently for about 25 minutes or until the chicken is tender.

Stir and serve with plain rice and naan bread.

Any meat left over freeze it and if you have stock left make soup with it.

*This recipe comes from Madhur Jaffrey. I love her cooking and recipes. This one is a favourite and is delicious!*