

murgh hara masala



preparation time: 15 minutes
cooking time: 1 hour 5 minutes
chilli rating: medium

difficulty level: easy
serves: 4-6 as part of an
indian meal

ingredients

5 tbs vegetable oil
3 brown onions, thinly sliced
1 tsp salt
1 whole chicken cut into 10 pieces, or
1 kg chicken pieces
½ cup plain whole-milk yoghurt, whisked
until smooth
1 tsp fresh ginger, grated
1 tbs garlic, minced
2-inch piece cinnamon stick, broken into
small pieces
8 whole black peppercorns
4 green cardamom pods
2 tsp coriander seeds
1 tsp cumin seeds
4 fresh mild long green chillies, roughly
chopped
Leaves from 1 bunch fresh coriander
Leaves from 1 bunch fresh mint
1 tbs unsalted roasted cashew nuts
(optional)
¼ tsp ground turmeric
2 tbs double cream

method

In a frying pan, heat 2 tablespoons oil over medium-low heat. Add onions and salt and cook, stirring occasionally, until onions are dark golden-brown. Using a slotted spoon, transfer to a plate.

Meanwhile, in a bowl, combine chicken, yoghurt, ginger and garlic and stir to coat chicken evenly. Set aside.

In a spice grinder, grind cinnamon, peppercorns, cardamom, coriander and cumin seeds to a fine powder.

In a small food processor, combine chillies, coriander, mint, cashew nuts (if using), and fried onions. Process until well combined.

In a frying pan, heat remaining 3 tablespoons oil over high heat. Add chicken and cook, turning occasionally, until all moisture evaporates and chicken is lightly browned.

Add turmeric and ½ cup water to pan and stir. Reduce heat to medium-low heat, cover partially and cook until chicken is cooked through and tender.

Add ground spices and cook, stirring, until fragrant. Add chilli mixture and cream and cook, stirring, until mixture is well combined and heated through.

Season to taste, as necessary. Serve immediately.

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