

SPOTLIGHT RECIPE



DELHI-STYLE CHICKEN CURRY

- Season the chicken with salt and pepper.
- Heat the oil in a large pan and fry the chicken pieces until they just change color. Do not brown. Remove and set aside.
- Add the onion to the hot oil. When it begins to soften, add the garlic and sauté 2 minutes.
- Add the cinnamon, cloves, cardamom and ginger to the onion. Continue cooking until the onions begin to change color.
- Add the cayenne, coriander, cumin and turmeric. Continue cooking until the spices become very fragrant.
- Add the tomatoes, juice from 2 lemons, water and chicken base; stir to combine. Bring to a boil and reduce the heat to maintain a slow simmer.
- Place the chicken in the liquid, cover and simmer 30 minutes or until the internal temperature of the chicken is at least 165 F. Sprinkle with cilantro and stir once.
- Serve the chicken quarters with the sauce on top.

Ingredients

Servings: 9

- 9 chicken quarters
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 1/4 cup canola oil
- 1 onion, sliced thin
- 1 teaspoon garlic, chopped
- 1 cinnamon stick
- 4 whole cloves
- 2 teaspoons ground cardamom
- 1 1/2 tablespoons fresh ginger, minced
- 1 teaspoon cayenne pepper
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 1/2 teaspoons turmeric
- 4 1/2 ounces canned tomatoes, diced in puree
- 1/4 cup canola oil
- Juice from 2 lemons
- 1 cup water
- 1 tablespoon low-sodium chicken base
- 1 tablespoon fresh cilantro, chopped

Side dishes

- Basmati Rice With Peas
- Roasted Cauliflower

