

Jason Pettit – Capital Radio Recipe



This recipe is a simplified version of the classic British favourite Indian Take Away – Chicken Korma Curry.

Mildly spiced and flavoured with almonds or cashew nuts, this is a great introduction to the delights of Indian curries if you have never tried one before!

Ingredients

4	each	chicken breasts	(600 grms approx.)
2	med	white onions	(peeled & roughly chopped)
2	lrg	garlic cloves	(peeled & roughly chopped)
3	cm	fresh ginger	(peeled & roughly chopped)
4	Tbsp	vegetable oil	
2	Tsp	ground cumin	(12 grms approx.)
2	Tsp	ground coriander	(12 grms approx.)
1	Tsp	ground turmeric	(6 grms approx.)
¼	Tsp	mild chili powder	(12 grms approx.)
2	Tbsp	mango chutney	(44 grms approx.)
400	ml	chicken stock	
150	gram	low fat Greek style yoghurt	
2	Tbsp	ground almonds	(40 grms approx.)
2	Tbsp	flaked almonds	(24 grms approx.)
handful		fresh coriander leaves	

Serve with Basmati rice cooked as per packet instructions or naan bread.

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Method

Cut the chicken into 2cm chunks of equal size and shape.
Add 1 Tbsp of oil and mix to coat.

Place the onion, garlic and ginger into a blender / food processor and blitz to a smooth paste.

Heat a fry-pan / skillet over a medium high heat and add the flaked almonds. Toss as they brown and then tip into a bowl for later.

Add enough chicken cubes to cover the base of the pan without overcrowding. Allow to sear before tossing / turning.
Sauté until chicken is seared all over then tip into a bowl.
Repeat until all chicken is seared then cover the bowl with foil.

Add the remaining oil to the pan and then the blended onion, ginger and garlic mix.
Sauté over a med-high heat until aromatic, the onions have softened and started to colour slightly.
Add the spices and sauté for a further minute.

Add the ground almonds, stock and mango chutney and bring to a rolling boil – stir and cook for 1 minute.

Add the chicken pieces to the pan and reduce heat to a gentle simmer.

Test the chicken is cooked and piping hot after 3 or 4 minutes (continuing cooking if needed). Taste and adjust flavour with salt if required.
Once chicken is cooked through, remove the pan from the heat and stir through the yoghurt.

Garnish with toasted almonds and coriander leaves.
Serve with basmati rice and or naan / chapati breads.

Notes from the chef:

Almonds or Cashew nuts may be used in equal amounts.

Mango chutney can be substituted for 1Tsp sugar plus 2 Tbsp of sultanas.

If you wish to use chicken thigh then the cooking time will take longer and you may need to add water / stock to loosen the sauce as it cooks.

For a more decadent and richer tasting sauce, replace the yoghurt with cooking / double cream.

Tbsp - tablespoon

Tsp – teaspoon

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Notes from the chef for a Vegan Version;

Replace the chicken with seasonal vegetables of choice cut into bite sized chunks.

Add 2 Tbsp of tomato paste (puree) to the blender / food processor with the onion, ginger and garlic.

Use vegetable stock.

*Replace the yoghurt with a plant based or coconut yoghurt (if available).
Alternatively, replace with full fat coconut cream and fresh squeezed lemon juice to taste.*

The cooking time will vary depending on the choice of seasonal vegetables and size they are cut to.