

Chicken Jalfrezi

Adapted from Cook Sister blog, 2009

Internet Address: <http://www.cooksister.com/2009/03/chicken-jalfrezi.html>



An Indian curry made with chicken, onions and bell peppers.

MARINADE:

- 1/2 teaspoon ginger, mashed to a paste
- 1/2 teaspoon garlic, mashed and minced
- 1/2 teaspoon turmeric
- 1/2 teaspoon garam masala
- 1/2 teaspoon salt
- 1 teaspoon vegetable oil

CHICKEN:

- 3 boneless skinless chicken breast halves, diced into 1-inch cubes
- 1 large onion, thinly sliced
- 1 whole orange bell pepper, slivered
- 1 whole red bell pepper, slivered
- 1 whole yellow bell pepper, slivered
- 2 tablespoons tomato paste
- 1 stick cinnamon
- 1/2 teaspoon ginger, mashed to a paste
- 1/2 teaspoon garlic, mashed and minced
- 1/2 teaspoon cumin powder
- 1/2 teaspoon ground coriander
- 1/2 teaspoon turmeric
- 1/2 teaspoon garam masala
- 1/2 teaspoon cumin seeds
- 2 whole cardamom, green pods, left whole
- 2 tablespoons vegetable oil
- 1 cup water
- 3 tablespoons Dulcet Indian curry sauce, optional
- 1 teaspoon Sriracha sauce, or other hot sauce to taste

Salt to taste

Servings: 6

Note that you use most of the spices in the marinade AND in the chicken preparation, so the easiest thing to do is put all of the dry spices together and separate for each use. If you don't have the multi-colored bell peppers, use what you can get - all red, all yellow or whatever. I don't like green bells, so I never use those, but you could easily use all green bells if you like them.

1. Mix marinade ingredients, add the chicken cubes and mix until each cube is coated. Allow to marinate for 2-3 hours. Heat 1 Tbsp of oil in a non-stick pan and fry the chicken pieces until the pieces start turning brown. Remove pieces and set aside.
2. Heat rest of the oil in same pan and add the cumin seeds, cardamom pods and cinnamon stick and cook until fragrant. After a few minutes, add the ginger and garlic and sauté for another couple of minutes. Do not burn. (Remove cinnamon stick and cardamom pods if you prefer - otherwise you may bite down on one of them when you eat this.)
3. Add the onions and all the peppers and sauté for a couple of minutes until the onions turn translucent, but not brown. Remove from the pan and set aside.
4. To the same pan, add the chicken pieces, tomato paste, and all the remaining spices. Let the chicken cook over low heat uncovered until it is well-coated with spices. Add about 1 cup of water and salt and simmer covered over medium heat flame 10 minutes till the chicken is almost cooked. Add Dulcet bottled sauce, if using, and hot sauce to taste.
5. Add the reserved peppers and onions back into the pan and let it all cook together for another 10 minutes until chicken is done and the sauce has reached the consistency that you like. Taste sauce for seasoning - add more water to the pan if the fluid evaporates too much. You want enough sauce so it will soak into the rice somewhat.
6. Serve over steamed basmati rice and garnish with minced cilantro.

Per Serving (excluding unknown items): 155 Calories; 7g Fat (37.1% calories from fat); 15g Protein; 10g Carbohydrate; 3g Dietary Fiber; 34mg Cholesterol; 285mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 1 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>