

Murgh Korma (Creamy Chicken Curry)

Adapted from *Saveur*, Oct. 2012 (from Hemant Mathur, *Tulsi*, NYC)



Servings: 8

FYI: you need garlic and fresh ginger in some quantity - they are used in more than one place in the recipe. I used left over cooked chicken when I made this, but I added the marinade to the cooked chicken anyway, and didn't cook the chicken except to warm it through.

CHICKEN:

1 pound boneless skinless chicken breasts, cut into 2" cubes

1 pound boneless skinless chicken thighs, cut into 2" cubes

1 tablespoon fresh ginger, minced

1 teaspoon minced ginger

1 tablespoon minced garlic

1 tablespoon fresh lemon juice

Kosher salt to taste

NUT PASTE:

1/4 cup blanched almonds

1/4 cup raw cashews

1 tablespoon poppy seeds

1/3 cup water

ONION PASTE:

1/4 cup canola oil

3 cloves garlic, thinly sliced

1 tablespoon black peppercorns

2 teaspoons fennel seeds

3 whole cardamom, whole pods

2 whole whole cloves

1 whole bay leaf

1/2 stick cinnamon

3 large yellow onions, thinly sliced

One 2-inch piece ginger, sliced

SAUCE:

3 tablespoons canola oil

1 tablespoon fresh ginger, finely minced

2 whole serrano peppers, stemmed and minced

1 teaspoon ground turmeric

1/2 teaspoon paprika

1 1/2 cups yogurt (I used Greek fat-free)

1/2 cup heavy cream

Salt and freshly ground black pepper to taste

Cooked basmati rice (not included in nutrition info)

1. **CHICKEN:** Toss chicken with 1 T minced ginger, minced garlic, juice, and salt in a bowl; chill 1 hour. Keep sliced ginger,

2. **NUT PASTE:** Purée almonds, cashews, poppy seeds, and 1/3 cup water in a blender; set nut paste aside.

3. **ONION PASTE:** Heat 1/4 cup oil in a 6-qt. saucepan over medium-high heat. Add peppercorns, fennel, cardamom, cloves, bay leaf, and cinnamon; cook until toasted, about 2 minutes.

4. Add sliced ginger, garlic slices, and onions; cook over medium heat until deeply caramelized, about 45 minutes. If cooked over high heat the garlic will burn.

5. Remove and discard all of the whole spices and bay leaf (fennel seeds and cardamom seeds without the shell are okay). Purée onion mixture with 1/3 cup water in food processor or blender; set onion paste aside.

6. **SAUCE:** Add oil to pot over high heat. Add onion paste, remaining ginger, and chiles; cook until oil separates, about 6 minutes. Add turmeric, paprika, and salt; cook for 1 minute.

7. Add chicken; cook until lightly browned, about 8 minutes. Add 1 cup water; bring to a boil, reduce heat to medium-low; cook, covered, for 15 minutes.

8. Add nut paste and yogurt; cook over low heat until emulsified, about 3 minutes. Stir in cream and heat until bubbling. Taste for seasonings (I added both salt and pepper). Serve with basmati rice.

Per Serving (excluding unknown items): 420 Calories; 29g Fat (59.4% calories from fat); 29g Protein; 15g Carbohydrate; 4g Dietary Fiber; 102mg Cholesterol; 200mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 4 1/2 Fat; 0 Other Carbohydrates.
