

Indian Pepper Chicken

Suneeta Vaswani, www.suneetavaswani.com



Very easy, tasty and freezes well.

12 whole chicken thighs without skin, bone-in preferred

2 cups nonfat yogurt

2 teaspoons cornstarch

1 tablespoon minced ginger

1 tablespoon minced garlic

1 whole serrano pepper, sliced in half

2 teaspoons salt

2 cups fresh cilantro, chopped, a few saved for garnish

2 tablespoons vegetable oil

1 tablespoon black peppercorns, freshly cracked

Serving Ideas: Serve with Basmati rice and ladle more of the sauce on top of the rice.

Makes a great combination.

Carolyn T's Blog - Tasting Spoons:

<http://tastingspoons.com>

Servings: 8

This came from a cooking class on Indian cuisine. This recipe is a particular family favorite of the author. It's really very easy and Suneeta says it's easy to freeze as long as there is enough sauce to cover the chicken. There is probably about 2 cups of yogurt sauce (thin sauce) with this recipe.

1. Rinse chicken and pat dry. In a large saucepan stir together the yogurt, cornstarch, ginger, garlic, chilies and salt. Add chicken and mix well, then allow to sit in the pan for about 30 minutes, at room temperature.
2. Cover the pan and bring it to a boil over medium heat. Reduce the heat and simmer, shaking the pan occasionally and turning pieces once to ensure even cooking, about 30-35 minutes. The yogurt will curdle - don't worry, that's how it should be, and it will be fine when it's finished. If there is too much liquid, increase the heat and leave pot uncovered to reduce it down.
3. Reduce heat, shaking pan occasionally, until there is about 1 cup of liquid and the chicken is fork tender and no longer pink inside. Stir gently if needed. Scatter the chopped cilantro on top.
4. In a very small saucepan heat oil over medium heat. Add the cracked peppercorns and cook (sizzling) for about 1 minute. Pour this into the chicken pot (it will sizzle more when it hits the liquid) and stir gently. Remove from the heat and let stand for 5 minutes before serving. Garnish with a few sprigs of cilantro on top.

Per Serving (excluding unknown items): 196 Calories; 8g Fat (35.6% calories from fat); 24g Protein; 7g Carbohydrate; 1g Dietary Fiber; 87mg Cholesterol; 669mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 1/2 Fat.