

# Saffron Chicken Curry

Adapted from Royal Hyderabadi Cooking by Sanjeev Kapoor and Harpal Singh Sokhi



## Servings: 4

*If you use low fat or fat free Greek yogurt, don't bring the mixture to a boil or it will separate - it won't taste bad, but it won't look very attractive! I added the flour/water mixture because the curry sauce was just too thin for my tastes. If yours thickens sufficiently, eliminate that step. Or, you can add some nut flour to the curry to thicken it also.*

- 1/4 cup olive oil
  - 14 ounces boneless skinless chicken thighs
  - 1/4 cup almonds
  - 1 tablespoon pine nuts
  - 1/2 tablespoon poppy seeds
  - 1 large onion, chopped
  - 1 tablespoon ginger, smashed or grated
  - 2 large garlic cloves, minced
  - 1/4 teaspoon red chili flakes
  - 1 teaspoon turmeric
  - 1 teaspoon curry powder, mild or medium heat
  - 1 pinch saffron, dissolved in 1 T water
  - 1 cup Greek yogurt, full-fat
  - 3 cups chicken stock
  - 2 tablespoons flour, mixed with about 4 tablespoons water
  - 1 teaspoon garam masala
- Rice to serve with or under the curry

1. In a spice blender (or mortar and pestle) grind the almonds, pine nuts and poppy seeds together. Set aside.
2. Heat oil in a large saute pan and add onions. Cook until onions are golden brown. Add ginger and garlic and saute briefly. Stir in chili flakes, turmeric and curry powder and stir for about one minute.
3. Add chicken pieces to the pan and saute for about 5 minutes, turning the chicken as it browns. Do not allow it to burn.
4. Add yogurt, saffron, ground nut mixture and cook for 5 minutes, stirring continuously. Add chicken stock and bring to a boil. Lower heat, cover and simmer for 20 minutes, or until the chicken meat is tender.
5. If using, mix up the flour with water, shake vigorously and stir into the curry. Simmer for 2-3 minutes until thickened. Add the garam masala and stir in. Serve on or next to plain rice. Garnish with some cilantro if you have some.

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Per Serving (excluding unknown items): 433 Calories; 32g Fat (66.8% calories from fat); 24g Protein; 12g Carbohydrate; 2g Dietary Fiber; 89mg Cholesterol; 1771mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 4 Fat.

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