

Chicken Cumin No 1

The cumin gives a pleasant earthy flavour to this mild curry.

Serves 4 poultry portions as a main course component.

Quite **English**¹ but with **Indian**² tendencies.

Ingredients

- 15 ml cooking oil
- 1 onion sliced
- 450 g chicken breast cut into strips
- 10 ml **FAIRTRADE** ground cumin
- 5 ml **FAIRTRADE** ground coriander
- 2.5 ml **Fair Trade** mild chilli powder
- 1 chicken stock cube
- 25 gm ground almonds
- 150 ml natural yoghurt
- salt and **FAIRTRADE** ground black pepper

To serve

Serve hot (this dish will stay hot in the oven (Gas Mark 3) for 15 minutes whilst other dishes are being finished).

Serve with **Peas Pilau**³.

Variation

Substitute piri piri for the chili.

Method

Heat the oil in a frying pan or wok and fry the chicken and onion for 5 minutes or until browned.

Add the cumin, coriander and chilli and cook for 1 minute.

Disolve the stock cube in 150 ml boiling water and add to the pan with the almonds and yoghurt.

Gently heat to the boil, stirring all the time.

Simmer gently for 2 to 3 minutes.

Adjust the seasoning to taste and serve.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²<http://www.fairtradecookbook.org.uk/countries/india.htm>

³http://www.fairtradecookbook.org.uk/recipes/peas_pilau.htm