

Chicken Cumin No. 2

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 sunflower or vegetable oil
3 medium onions
450 g chicken breast cut into strips
10 ml **FAIRTRADE** ground cumin
50 ml **FAIRTRADE** white wine
2.5 ml **Fair Trade** mild chilli powder
salt and **FAIRTRADE** ground black pepper

To serve

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

Serve with **Peas Pilau**³ and **dal**⁴.

Variation

Substitute piri piri for the chili.

Method

Pre-heat the oven to gas mark 3.

Prepare the onions and chop fine.

Cut the chicken meat into 1 to 2 cm cubes.

Heat the oil in a frying pan or wok and fry the chicken and onion for 5 minutes until the onion begins to turn translucent.

Add the cumin, chilli and cook for 1 minute.

Add the white wine and bring to the boil and then turn down to a simmer.

Adjust the seasoning to taste.

Simmer gently for 2 to 3 minutes.

Spoon the chicken and onions into an oven proof dish and bake in the oven at Gas Mark 3 for 15 to 20 minutes.

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

⁴http://www.fairtradecookbook.org.uk/recipes/red_lentil_dal.htm