

Chicken Stew

A vibrant colour and bright flavours characterise this legacy of colonial days.

Kerala India¹ of course.

4 Servings.

Ingredients

- 1 kg chicken breast
- 2 medium cooking onions
- 4 cloves garlic
- 3 cm root ginger
- 3 fresh green small chilis
- 5 ml mustard seeds
- 2 bay leaves
- 10 **FAIRTRADE** black peppercorns
- 12 new potatoes
- 5 cm **FAIRTRADE** cinnamon stick
- 5 **FAIRTRADE** cardamom pods
- 5 **FAIRTRADE** cloves
- 4 carrots
- 125 g frozen peas
- 5 ml garam masala

Method

Preparation

De skin the onions and chop coarsely.

De-skin the garlic and slice.

Peel the ginger and slice down the middle. Chop one half really small, and the other into thin slices lengthways.

Carefully de-seed the green chilis and slice small.

Assemble the seeds and dry spices.

Cooking

With a pestle and mortar grind together the small ginger pieces and the peppercorns with a little turmeric.

Mix the onions with the green chilis and the garlic.

Either scrub the potatoes or peel them (depends on how good they are).

Par-boil the potatoes for 5 minutes in water with a little turmeric and a pinch of salt.

Heat a little cooking oil and add the mustard seeds.

When the seeds crackle add the bayleaf.

After a few seconds add the cinnamon stick and the cardamoms.

Add a little more oil and the fry the onions for a few minutes.

Then add the ginger paste, and cloves and the chicken. Stir fry for a few minutes until the chicken starts to colour.

Add the potatoes and carrots and continue to stir fry for 5 minutes.

Add the coconut milk, some water if needed and the peas and the slices of ginger.

Sprinkle with garam masala and cook until the chicken is done. (20 minues approx).

To serve

Serve with a fried rice².

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

²http://www.fairtradecookbook.org.uk/recipes/rice_fried.htm

Variation

Vary the green chili content to suit your taste.