
Creamy Chicken Curry

Instructions

Put ginger, garlic, cumin, coriander and chilli, plus a tablespoon of the water in a small hand blender and blend to a paste. Add the ground almonds and the rest of the water and blend again.

Heat the oil in a deep, wide pan – such as a sauté pan.

Bruise the cardamom pods by squashing them a little with the back of a knife so that the seeds can leak out during the cooking. Assemble these with the cinnamon (break into two) bay leaves, and cloves.

Add to the hot oil and after about a minute, add the onions. Turn the heat down and cook the onions until soft. It doesn't matter if they get a little brown, but a low light is better. Turn up the heat and add the chicken (cubed). The onions may brown a little now, but you just need to seal the edges of the chicken. Pour in the spice and almond paste, and stir until it starts to dry a little. Add half the yoghurt and mix. Add the chicken stock, and turn the heat to full. Continue to cook until the mixture thickens. Add the garam masala, sugar and fenugreek, together with the rest of the yoghurt. Stir to combine. Add the cream and bubble for a few minutes until you have a thick, rich sauce.

Taste the sauce. Depending on your chicken stock, you may need a little more salt. If you like your curries hot, you may want to add more chilli powder, but this dish is delicious with - or even without - the chilli powder.

It is particularly good with some toasted flaked almonds and some chopped coriander on top – but neither is essential.

Delicious with or without chilli – so make it as hot or mild as you like. Serve with toasted flaked almonds.

Ingredients

2.5 cm, ginger peeled
4 cloves garlic, peeled
2tsp cumin, ground
1 tsp coriander, ground
1 tsp chilli powder
4 tbsp ground almonds
125 ml water
8 cardamom pods
1 large cinnamon stick
2 large bay leaves
6 cloves
4 tbsp peanut oil
1 kg chicken breast
2 onions
250 ml Greek yoghurt
250 ml chicken stock
125 ml double cream
2 tsp garam masala
1 tsp sugar
2 tsp fenugreek