CLASSIC CHICKEN CHETTINAD

(A South Indian Delicacy)

Ingredients:

Chicken – 2-3 lbs
8 curry leaves (big)
2 medium onions chopped
2 large tomatoes chopped
1 teaspoon of red chilli and turmeric powders
2 teaspoons lemon juice
Oil to fry
salt to taste
finely chopped coriander leaves for garnishing

For making Paste
2 teaspoons poppy seeds
6 whole red chillies
6 tablespoons grated coconut (optional)
1 teaspoon(s) each of coriander, cumin and fennel seeds
1" piece cinnamon broken
2 cloves and green cardamoms each
2 teaspoon(s) each of chopped ginger and garlic

For making paste:

In a little oil, roast all the ingredients for the paste except for ginger and garlic. Allow to cool and grind to a paste along with ginger and garlic.

In a heavy-bottomed pan, fry the chopped onions till they are golden brown. Add the curry leaves, the ground paste, turmeric and red chilli powders. Fry for some more time. Add the chopped tomatoes and fry for about 2-3 mins. Add the cleaned chicken and mix well with the fried onions. Cook on medium heat for about 10 mins. Add lemon juice and water. Mix well. Cover and cook on low heat till the chicken is fully tenderised. Sprinkle salt to taste. Garnish with finely chopped coriander leaves.

Great with white rice or chappati (Indian Bread).