

Apprentice Chicken Curry

Please refer any questions to my guru Annie because I am just an apprentice.

Ingredients

spices

- 3 green cardamom seeds - semillas de cardamomo
- 4 cloves - clavos de olor
- 2 anise stars - estrellas de anis
- 2 dried red chilis - chiles rojos secos
- 1/2 tsp fennel - hinojo
- 1 cinnamon stick - canela en rama
- 2 small branches worth of fresh curry leaves - hojas de curry
- 1 finger of ginger - jengibre
- 1-2 cloves of garlic - ajo
- curry powder - polvo de curry

vegetables

- 1 large onion - cebolla de huevo
- 4-6 tomatoes - tomates
- 1-2 potatoes - papas

meat

chicken, skinned, butchered into 1-2 inch chunks. appx 2 lbs

- pollo picado en pedazos de 3 cm, sin la piel.

Preparation

Talitam

HIGH HEAT 2 mins

- 1-2 tbspn Ghee or Clarified butter or Oil (that can stand the heat, not olive oil)
- 3 green cardamom seeds
- 4 cloves
- 2 anis stars
- 2 dried red chilis
- 1/2 tsp fennel
- 1 cinnamon stick
- 2 small branches worth of fresh curry leaves

Roots

MEDIUM HEAT 5-8 Mins

- 1 finger of ginger chopped
- 1-2 cloves of garlic chopped
- 1 large onion sliced (rip cut)
- 1/4-1/2 tsp tumeric
- salt to taste

Meat

MEDIUM-LOW HEAT 5 Mins/side

- chicken, skinned, butchered into 1-2 inch chunks. appx 2 lbs

Vegetables

LOW COVERED 20 mins appx

- 4-6 tomatoes quartered
- 1-2 potatoes, peeled and chopped into uniform size pieces 1-2cm
- curry powder 3 tbspoons
- Check meat and potatoes to see if they are cooked

Remove from heat

Finishing touch

- 1-2 tspn coconut powder + a bit of water to turn it into coconut cream.

Serve