

Recipe time

Balti Butter Chicken

Ingredients:

150ml natural (plain) yoghurt
50g ground almonds
1^{1/2} tsp chilli powder
1/4 tsp crushed bay leaves
1/4 tsp ground cloves
1/4 tsp ground cinnamon
1 tsp garam masala
4 green cardamom pods
1 tsp garlic pulp
1 tsp ginger pulp
400g (4oz) canned tomatoes
1^{1/4} tsp salt
1 kg (2lb) cubed chicken
75g butter
1 tsp corn oil
2 medium onions (sliced)
2 tsp chopped coriander
4 tsp single cream
Coriander sprigs



Method:

Put the yoghurt, ground almonds, all the dry spices, ginger, garlic, tomatoes and salt into a mixing bowl and blend together thoroughly.

Put the chicken into a large mixing bowl and pour over the yoghurt mixture. Set aside.

Melt together the butter and oil in a medium karahi or deep or deep round-bottomed frying pan. Add the onions and fry for about 3 minutes.

Add the chicken mixture and stir-fry for 7-8 minutes.

Stir in about half the coriander and mix well.

Pour over the cream and stir in well. Bring to the boil. Serve garnished with the remaining chopped coriander and coriander sprigs.

Cook's tip:

Substitute natural (plain) yoghurt with Greek style yoghurt for an even richer and creamier flavour.