

KERALA-STYLE COCONUT CHICKEN CURRY

This Kerala-style coconut chicken curry is an irresistible combination of succulent chicken cooked in a rich and fragrant coconut-tomato sauce infused with an aromatic blend of spices without that heavy, greasy feel. The key to its bold and complex flavor is spice paste, which adds depth and character to the dish while saving some time chopping. You could also use a firm white fish in this dish to make it equally delicious.

INGREDIENTS

2 ¼ lbs bone-in, skinless chicken pieces (such as thighs or drumsticks)
2 tablespoons ghee
1 medium yellow onion, finely chopped
1 green chili (or serrano), finely chopped (optional)
1 tomato, finely chopped
1 cup filtered water
1 cup coconut milk (full fat)
salt, to taste
handful fresh cilantro, for serving

For the spice paste:

2 teaspoons coriander seeds
1 teaspoon cumin seeds
1 teaspoon fennel seeds
2 whole cloves
2 green cardamom pods
½ teaspoon turmeric
½ teaspoon salt
¼ teaspoon ground black pepper
½-inch piece of cinnamon (thin)
1 dried red chili

2 cloves garlic
1-inch piece of ginger, skin removed
2 tablespoons shredded, unsweetened coconut
1-2 teaspoons water

SERVES 4-6 PEOPLE

1 In a spice grinder, blender, or small food processor, grind the dry spices coriander seeds, cumin seeds, fennel seeds, cardamom pods, turmeric, salt, pepper, cinnamon, and dried red chili to create a spice rub

2 Remove any excess fat from the chicken and place in a large metal bowl. Take one teaspoon of the spice rub and rub it into the chicken. Let the chicken sit for a few minutes while you get the curry started.

3 Heat a large Dutch oven to medium and add in the onions. Turn to low and cook for 5-7 minutes or until softened and translucent.

4 While cooking the onions, make the rest of the spice paste by adding garlic, ginger, coconut, and water to the grinder. The paste should not be too wet.

5 Add the green chili to the Dutch oven and cook for 1-2 minutes. Then add in the tomato and spice paste to the mixture and cook for another 1-2 minutes or until fragrant.

6 Place the chicken in the Dutch oven and coat with the spice mixture. Add 1 cup of water, a heaping pinch of salt, bring to a boil and cover for 5 minutes.

7 Pour in the coconut milk and bring the mixture to a boil. Reduce the heat to low and simmer, covered, until the chicken is cooked through, about 15-20 minutes. Cooking time will depend on how many pieces of chicken and their thickness.

8 Remove the pot from the heat, add the chopped cilantro and allow the flavors to meld. Garnish the chicken curry with some chopped cilantro.



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