

MAMA'S CURRY

SERVES 2

INGREDIENTS

200g/1/2LB CHICKEN DICED OR IN STRIPS
2fl oz GHEE OR VEG OIL
1 ONION DICED
1 CLOVE OF GARLIC FINELY CHOPPED
 $\frac{1}{2}$ tsp GROUND CUMIN
 $\frac{1}{2}$ tsp GROUND CORIANDER
 $\frac{1}{2}$ tsp GROUND TURMERIC
 $\frac{1}{2}$ tsp BLACK PEPPER
 $\frac{1}{2}$ tsp CHILLI POWDER
 $\frac{1}{4}$ tsp GROUND GINGER
1-2 CLOVES
1-2 CARDAMON PODS (OPTIONAL)
 $\frac{1}{4}$ tsp GROUND CINNAMON
100g/4oz TINNED TOMATOES
60ml OF NATURAL YOGHURT
1 TBSP VINEGAR
1 tsp SALT
PINCH OF SUGAR

METHOD

1. HEAT PAN AND ADD OIL.
2. ADD CHICKEN TO THE PAN AND SEAL THE CHICKEN. WHEN THE CHICKEN IS SEALED REMOVE FROM OIL AND SET ASIDE.
3. FRY THE ONION AND GARLIC UNTIL SOFT NOT BROWNED.
4. ADD SPICES AND FRY FOR 1 MINUTE NO LONGER.
5. ADD CHICKEN AND TOMATOES AND BRING TO THE BOIL.
6. TAKE OFF THE HEAT AND STIR IN THE YOGHURT AND VINEGAR.
7. BRING BACK TO THE BOIL AND THEN SIMMER UNTIL COOKED THROUGH.

IF USING BRAISING STEAK IF COOKED ON THE TOP OF THE STOVE SIMMER FOR AT LEAST 1 $\frac{1}{2}$ HRS TILL THE MEAT IS TENDER OR COOK IN THE OVEN GAS MARK 5 OR 190c FOR AT LEAST 2 HOURS.