Chicken Curry!

NIBBLEDISH CONTRIBUTOR

Ingredients

CURRY - Good for 4 Pax

Curry Roux
3 tbsp Ground Tumeric
4 Coriander Seeds
2 Dried Chili (Optional)
6 Cloves Garlic
4cm Ginger
2 tbsp Cumin Seeds
1 tbsp Black Peppercorns

Other Ingredients
3 Tomatoes, halved
2 Aubergines
2 Onions, sliced
2 Potatoes, chopped into 8-10 pieces
1 Carrot, chopped
2 Bay Leaves
1.5 Litre Mariko's Chicken Stock (see recipe)
1 kg Chicken Bits (if you eat meat)

CHAPATI - Good for 4 Pax

3 Cups Whole Wheat Flour
1.5 Cups Water
1 tspn Salt
Ghee or Light Oil

Instructions

There are numerous numbers of curries in the world.
For instance, curries we have at home in Japan are nothing like what you see in India. They are thick, thick thing. I love the curry my sister makes, thick curry with chunky aubergines. Perfect summer dish.

In this dish, I tried to combine the two cultures together and create the authentic Indian runny curry with chunky aubergines.

Firstly, in a large pestles and mortar, pound the ingredients for curry roux, but only the ones that are in bold. Pound them well until all fibers are broken down into stingy shreds. then add the rest of the roux ingredients. pound them together and set aside. If you are meat eater, you can mix this with chicken bits so they marinade.

While the roux is resting, let us make the chapati mix.

In a large bowl, add about 1 cup of water into flour, and knead. If the mixture is too hard, add some more water and make a firm, one pieced dough. Knead well.

Wrap it with Glad Wrap or moist cloth and put it aside for about half an hour.

On a medium heat in a large pan, add onion and keep stirring, for about 10 minutes. Add the roux mix (and meat if you mixed them). Let them come together and add the stock, all of them. Put tomatoes, potatoes, carrots and bay leaves and let it simmer for about 20 minutes. Reduce the heat to minimum, and let it cook for another 30 minutes.

Slice the aubergine into 0.8-1cm 10 minutes before serving and add into the curry. Do not mix so much as they are easy to break.

While that is happening, you can start making your chapatis.

Divide the cough into your choice of size and pieces, pin it out to thickness of 5-7mm.

On a pan, put a small amount of ghee and spread it with paper kitchen towel. Put the dough, and within 15 seconds it should start to flair. flip it and wait for 5-8 seconds. Repeat.

Serve and dig in!