

## SUTHERLAND'S CHICKEN CURRY( 6 pax)

### Whole Spices

1tsp Mustard Seeds  
1tsp Cumin(Jeera)  
2 Cardomon Pods  
4 Cloves  
2 Cinnamon Sticks

### Ground Spices

1.5tsp Chilli Powder  
1 tsp Turmeric  
1 tsp Coriander  
1 tsp Cumin  
0.5 tsp Garam Marsala  
( & extra for topping  
when cooked)

### Fresh Items

2 Green Chillies chopped  
3 tsp Ginger crushed  
3 tsp Garlic crushed  
1 large onion chopped  
500ml Greek Yoghurt  
1.5 - 2kg Chicken Pieces (or  
fillets(1kg))

### Sambals

Naan bread or Poppadums

Chutney, Coconut, Sliced Banana, Chopped Cucumber(with a dash of above Yoghurt) and chopped Tomato & Onion (and chopped chilli for the HOT STUFFS)

### Additional

Canola Oil , Salt(to taste) , Water(125ml-250ml)  
Basmati Rice(enough to feed the gang)

NB: A glass(or2...) of wine/B&C/ Whatever - your best to enjoy whilst cooking !!!!

Method: (NB: Use LOW/MEDIUM heat)

- 1.Heat oil in a pot and add Whole Spices, cook for 3min.
- 2.Add onions, chilli, ginger, garlic & sauté.
- 3.Add Ground Spices and blend in.
- 4.Add chicken and stir to coat with above.
- 5.Add 125ml water, cover & cook for +/- 30min till chicken is cooked(add more water during cooking if needed). Switch off and leave for 1hr for flavours to infuse (while you imbibe!!!) . You may debone the chicken pieces before reheating-makes eating easier!.
- 6.Reheat & add yoghurt a little at a time and blend in well.
- 7.Sprinkle with Garum Marsala (do not stir) and serve - MOST DELICIOUS !