



# Kadahi Murgh

## Spiced Chicken and Bell Peppers

Yield: Serves 4-6

### Ingredients:

2 lbs Boneless/Skinless Chicken\* (**Murgh**) - cut into bite sized pieces

#### Marinade:

½ Cup Plain Yogurt (**Dahi**)  
1 inch piece Fresh Ginger (**Adrak**) - grated into a paste  
6 cloves Fresh Garlic (**Leh-sun**) - grated into a paste  
2 Green Cardamom Pods (**Choti Elaichi**) - ground  
2 tsp Red Chile Powder (**Lal Mirchi**) – amount to taste  
1 tsp **Garam Masala**  
1 tsp Turmeric Powder (**Haldi**)  
Juice of 1 Lemon (**Nimbu Ras**)  
Kosher Salt (**Namak**) to taste

#### Masala:

4 medium Tomatoes (**Tamatar**) – seeded and chopped  
1 large Onion (**Pyaz**) – chopped  
3 Bell Peppers (**Simla Mirch**) – chopped  
3 cloves Fresh Garlic (**Leh-sun**) – crushed  
¾ inch piece Fresh Ginger (**Adrak**) – rough chopped  
6 Black Peppercorns (**Kali Mirch**)  
5 Green Cardamom Pods (**Choti Elaichi**) - bruised  
4 Whole Cloves (**Laung**)  
½ tsp Cumin Seeds (**Jeera**)  
½ tsp Carom Seeds (**Ajwain**)  
1 tsp Turmeric Powder (**Haldi**)  
½ tsp Red Chile Powder (**Lal Mirchi**)  
4 Tbs Oil -OR- Ghee  
1 tsp **Garam Masala**  
Kosher Salt (**Namak**) to taste

*\*Can Use Either White or Dark Meat*

# **Kadahi Murg**

## **Spiced Chicken and Bell Peppers**



### **Preparation:**

- 1) In a large, nonreactive bowl, whisk together all of the marinade ingredients until thoroughly combined - Add prepped chicken and toss until coated on all sides - Cover and chill in refrigerator for a minimum of 30 minutes (overnight for better results)
- 2) Preheat oven to 425°F
- 3) Remove Chicken from marinade and shake off excess (DO NOT discard remaining marinade) and transfer to a grill rack set in a baking tray or on skewers hung over a baking tray and bake for 7 minutes - Flip and continue to cook for an additional 7 minutes
- 4) Switch oven to high broil and move baking tray directly under the broiler for 2-5 minutes or until slightly charred - Flip and cook for another 2-5 minutes (Can fry in large pan or grill as alternative)
- 5) Place a small dry skillet over medium-low heat - Add peppercorns, cardamom pods, cloves, carom and cumin seed - Toast until just fragrant (apx 2 minutes ) - Transfer to a clean coffee grinder, spice mill, or mortar and pestle and grind into a fine powder - Set aside
- 6) Heat oil or ghee in a large skillet, kadahi, wok, or pan over medium heat until shimmering
- 7) Once oil or ghee is hot, add onions and sauté until soft (apx 2 minutes) - Add bell pepper and continue to sauté for another 2 minutes - Add garlic and ginger and sauté for another 2 minutes
- 8) Add ground spice mixture (from step 6), turmeric powder, red chile powder, and salt to taste - Sauté for an additional minute
- 9) Add tomato, remaining marinade, and ¼ cup water - Bring to a simmer
- 10) Add the chicken to the mixture and return to a simmer - Allow to simmer for 5-10 minutes or until meat is tender and oil separates forming a thin layer on top
- 11) Remove from heat, add garam masala and thoroughly combine - Serve hot with raita, pickle of choice, and naan, chapatti, or basmati rice