

# Kerala Murgh Kari

South Indian Chicken Coconut ‘Curry’

Yield: Serves 4-6



## Ingredients:

- 2 lbs Boneless/Skinless Chicken Breast OR Thigh Meat (**Murgh**)– cut into bite sized pieces
- 4 Roma Tomatoes (**Tamatar**) - seeded and chopped
- 1 Medium Onion (**Pyaz**) - puréed
- 2 - 4 cloves Fresh Garlic (**Leh-sun**) - crushed
- ½ inch piece Fresh Ginger (**Adrak**) - rough chopped
- 1 Can (15 oz) Unsweetened Coconut Milk (**Nariyal ka Doodh**)
- 1 cup Chicken Stock
- 8 Fresh Curry Leaves (**Kaddi Patta**)
- 3-6 Dried Red Byadagi Chiles (**Lal Mirchi**) – amount to taste
- 1 Cinnamon Stick (**Dalchini**)
- 2 Tbs Coconut Oil (**Nariyal ka Tel**) - can substitute olive oil or ghee
- 1 ½ Tbs **Sambhar Masala**
- 1 Tbs Tomato Paste
- 1 tsp Black Mustard Seed (**Rai**)
- Juice of 1 Lemon (**Nimbu Ras**)
- Kosher Salt (**Namak**) to taste
- Fresh Ground Black Pepper (**Kali Mirch**) to taste

## -OPTIONAL GARNISH-

- ¼ Cup Fresh Coriander leaves (**Dhania Patta**) – rough chopped

## Procedure:

- 1) Place onion, garlic and ginger in a blender or food processor and purée into a smooth paste - Set aside
- 2) Heat oil or ghee in a large pot over medium-low heat
- 3) Once oil/ghee is hot, add mustard seed and sauté until they pop (apx 30 seconds) - Add onion, garlic, and ginger purée - Sauté until liquid is reduced by at least half (apx 5 minutes)
- 4) Add tomatoes to the blender or food processor and purée into a smooth paste - Transfer to the pan and continue to sauté until liquid reduces by at least half (apx 5-7 minutes)
- 5) Add tomato paste, sambhar powder, cinnamon stick, dried red chiles, curry leaves, and pepper to taste - Mix well
- 6) Add coconut milk and chicken stock to the mixture and bring to a simmer
- 7) Add chicken, and lemon juice - Thoroughly combine
- 8) Reduce heat to low, cover and simmer for 2 hours stirring occasionally (add water as necessary to avoid sticking and scorching)
- 9) Make sure that chicken is cooked through - Adjust thickness with additional coconut milk or chicken stock - Adjust seasoning with additional lemon juice, and/or salt and pepper
- 10) Garnish with coriander leaves if desired and serve hot with basmati rice, naan, or chapatti