

Murgh Hara Pyaz

Chicken with Spring Onions



Yield: Serves 4-6

Ingredients:

- 1lb Boneless/Skinless Chicken* (**Murgh**) - washed, patted dry, and cut into 1-2 inch cubes
- 18-24 (3 bunches) Spring Onions (**Hara Pyaz**)** - chopped - divided into 'white' and 'greens'
- 4 cloves Fresh Garlic (**Leh-sun**) - ground into a paste
- ½ inch piece Fresh Ginger (**Adrak**) - ground into a paste
- 4 Roma Tomatoes (**Tamatar**) - seeded and diced
- 1 Cup Heavy Cream (**Malai**)
- ¼ Cup Oil - can use any neutral flavored cooking oil of your choice
- 2 Tbs Cashew paste (**Kaju**) - soak cashews for 1 hour then grind
- 2 tsp **Garam Masala**
- 1 tsp Red Chile Powder (**Lal Mirchi**)
- 1 tsp Black Peppercorns (**Kali Mirch**) - roasted and ground into a fine powder
- ½ tsp Turmeric Powder (**Haldi**)
- Kosher Salt (**Namak**) to taste

Preparation:

- 1) Heat oil in a large, heavy bottomed pan, wok, or kadahi over medium-high heat until shimmering - Once oil is hot, add the spring onion 'whites' (not 'greens') and stir-fry until soft and slightly golden (apx 3-5 minutes)
- 2) Add garlic and ginger paste - Continue to stir-fry for 3 minutes - Add red chile powder, garam masala, ground black pepper, turmeric powder, and salt to taste (apx 1 tsp) and continue to stir fry for 1-2 minutes until very fragrant (DO NOT BURN)
- 3) Add cashew paste along with ½ cup water and stir to thoroughly combine - Continue to cook until oil rises to the surface (apx 6 minutes) - Add tomatoes to mixture and continue to cook for 5 minutes (stirring regularly)
- 4) Add spring onion 'greens' and cubed chicken - Bring to a simmer
- 5) Adjust heat as necessary to maintain a simmer and continue to simmer (uncovered) for 15-20 minutes until chicken is cooked through and tender (add water as necessary to keep consistency and to avoid sticking and scorching) - Consistency at this point should be a very thick, semi-dry 'paste'
- 6) Add cream and thoroughly combine - Continue to simmer for 2 minutes
- 7) Adjust seasoning and consistency - Final dish should have a medium thick gravy (think marinara sauce) - If too thick, add a little more cream - If too thin, allow to cook (uncovered) until desired consistency is achieved
- 8) Serve hot along with chapatti or naan, basmati rice, raita or plain yogurt, or as part of a larger Indian meal

* *Either White or Dark meat*

** *There is a difference between 'True' Spring/Green Onions which have a small bulb and are slightly stronger in flavor than Scallions which are basically 'tubular' all the way down (no bulb of any kind)... If you use 'true' spring onions use only the 'whites' from 1 or 2 (apx ½ cup worth) for the recipe; If using scallions, go ahead and use most or all of the 'whites' (apx ¾ cup worth)*

Taz Doolittle