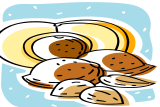
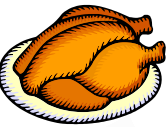




Chicken with tomatoes & Garam masala (Timatar murghi)



This simple chicken dish is a great favourite with our children. I generally serve it with plain long-grain rice and 'Whole green lentils with garlic and onion' (page 124).

Serves 6:

5 tablespoons vegetable oil

$\frac{3}{4}$ teaspoon whole cumin seeds

A 1 inch (2.5cm) stick of cinnamon

6 whole cardamom pods

2 bay leaves

$\frac{1}{4}$ teaspoon whole peppercorns

6 oz (175g) onions, peeled and finely chopped

6-7 cloves garlic, peeled and finely chopped

A 1 inch (2.5cm) cube of fresh ginger, peeled and finely chopped

1 lb (450g) fresh tomatoes, peeled (see page 29) and finely chopped (tinned tomatoes may be substituted)

1 tin

3 lb (1kg 350g) jointed chicken pieces, skinned

$1\frac{1}{2}$ teaspoons salt

$\frac{1}{8}$ - $\frac{1}{2}$ teaspoon cayenne pepper

$\frac{1}{2}$ teaspoon garam masala (page 18)

Heat the oil in a large, wide pot over a medium-high flame. When hot, put in the cumin seeds, cinnamon, cardamom, bay leaves, and peppercorns. Stir once and then put in the onions, garlic, and ginger. Stir this mixture around until the onion picks up brown specks. Now put in the tomatoes, chicken, salt, and cayenne pepper. Stir to mix and bring to a boil. Cover tightly, turn heat to low and simmer for 25 minutes or until chicken is tender. Stir a few times during this cooking period. Remove cover and turn up heat to medium. Sprinkle in the *garam masala* and cook, stirring gently for about 5 minutes in order to reduce the liquid somewhat.

N.B. The whole spices in this dish should not be eaten.

