

Mughlai chicken with almonds and sultanas



Mughlai chicken with almonds and sultanas Shahjahani murghi
This elegant, mild dish is very suitable for dinner parties. It could be accompanied by Spiced basmati rice Cauliflower with potatoes and Yoghurt with walnuts and fresh coriander (also in the same cookbook)



Serves 6:



A 1 inch (2.5cm) cube of fresh ginger, peeled and coarsely chopped
8-9 cloves garlic, peeled
6 tablespoons blanched, slivered almonds
4 tablespoons water
7 tablespoons vegetable oil
3 1b (1kg 3509) chicken pieces, skinned
10 whole cardamom pods
A 1 inch (2.5cm) stick of cinnamon
2 bay leaves
5 whole cloves
2 medium onions, peeled and minced
2 teaspoons ground cumin seeds
1/8 to 1/2 teaspoon cayenne pepper
7 tablespoons plain yoghurt
1 1/4 cups (275ml) heavy cream
1 1/2 teaspoons salt
1-2 tablespoons golden raisins
1/4 teaspoon garam masala



Put the ginger, garlic, 4tablespoons of the almonds, and 4 tablespoons water into the container of an electric blender and blend until you have a paste.



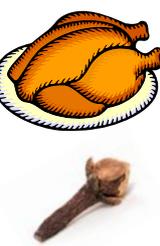
Heat the oil in a wide, preferably non-stick pot or deep frying pan over a medium-high flame. When hot, put in as many chicken pieces as the pot will hold in a single layer. Let the chicken pieces turn golden brown on the bottom. Now turn all the pieces over and brown the second side. Remove the chicken pieces with a slotted spoon and put them in a bowl. Brown all the chicken pieces this way.



Put the cardamom, cinnamon, bay leaves, and cloves into the same hot oil. Stir and fry them for a few seconds. Now put in the onions. Stir and fry the onions for 3-4 minutes or until they are lightly browned. Put in the paste from the blender, the cumin, and cayenne. Stir and fry for 2-3 minutes or until the oil seems to separate from the spice mixture and the spices are lightly browned. Add 1 tablespoon of the yoghurt. Stir and fry it for about 30 seconds. Now add another tablespoon of yoghurt. Keep doing this until all the yoghurt has been incorporated.



Put in the chicken pieces, any liquid that might have accumulated in the chicken bowl, the cream, and salt. Bring to a simmer. Cover, turn heat to low and cook gently for 20 minutes. Add the raisins and turn over the chicken pieces. Cover and cook another 10 minutes or until the chicken is tender. Add the garam masala. Stir to mix.



From Madhur Jaffrey's Indian Cooking (Barron's by arrangement with the BBC – originally Indian Cookery broadcast Oct. 1982)

