

Recipe

Karahi Chicken: Quick Chicken Wok Curry

COOKING TIME: 1 Hour

- 1 kg or 2.2 pounds chicken bone-in (or boneless) curry pieces*
- ¾ cup cooking oil
- 1 ½ cups sliced onions
- 2 medium green peppers sliced
- 8 cloves finely diced garlic (or 2 tbsp, garlic paste)
- 2 tbsp grated or finely chopped ginger (fresh or previously frozen)
- 4 cm (1 ½ inch) piece of ginger julienned (or grated, previously frozen)
- 1 ½ tsp ground black pepper (less if you don't want heat!)
- 1 tbsp red chilly (chili) flakes (less if you don't want heat!)
- pinch of turmeric
- 3 medium tomatoes diced
- 1 cup diced cilantro
- 5 - 6 whole fresh chillies (chilies), green or red
- 1 tsp ground royal cumin (shahi zeera) or regular ground cumin*
- 1 ½ tsp salt (or to taste)
- 1 tbsp. ghee

***Chicken bone-in or boneless**, cut into 12 or 16 pieces if you get a whole chicken. I prefer 12 because there is more meat on the bone. If you want or can only find boneless chicken, that is fine!

***Royal cumin seeds** (shahi zeera) are available at most South Asian stores (you'd grind them yourself, at home). But if you can't find the stuff, don't sweat, use regular ground cumin!

Set aside a small (about ¼) portion of onions, peppers, and all the julienned ginger to add later (see 4 below).

1. In a large wok, heat the oil and on high heat, fry garlic (diced) for about a minute. If you are using garlic paste, *go to the next step*, don't add garlic paste now.

2. Add onions and salt to your oil and fry till the onions are medium brown, still soft, on the verge of becoming crisp. Add garlic paste now, if you haven't added diced garlic in the beginning.
3. Add red chilly (chili) flakes, black pepper, and chopped (or grated) ginger. Lower heat to medium, for about 2- 4 minutes. Make sure the mixture doesn't burn so keep turning.
4. Add chicken, a dash of turmeric, and cook for about 10 minutes on medium heat, then add the tomatoes and green peppers and keep turning, reducing the heat if the sauce or masala is drying up too fast. We want the chicken and spices to cook but not char. I usually take about 20- 30 minutes here, less if you have boneless chicken.
5. Wait till the chicken has cooked: you can tell because the meat shrinks a little, and check to see if the oil has separated so that the sauce glistens and isn't totally opaque.
6. Now gently fold in the rest of the onions, peppers and all the julienned ginger (or grated, previously frozen ginger), lower the heat, cover and let it simmer for 30 minutes (less if you are using boneless chicken). If you don't have fresh ginger, the grated ginger that you've frozen earlier, defrosted, is fine as it won't change the flavour of the sauce, just that you won't get a slightly crunchy texture in the sauce!
7. Add chopped cilantro, whole fresh chillies (chilies), ghee, and (optional) ground cumin, preferably ground shahi zeera or royal cumin. The cumin adds a smoky flavour. Regular ground cumin is fine if you can't get shahi zeera.
8. Turn off heat and let it sit for 15 minutes. South Asian purists prefer steaming hot food, so reheat before serving; or not. I love my curry at room temperature, philistine that I am. Enjoy!