



Murgh
Chicken

Dhaba Murg

Chicken on the Roadside

2 tablespoons oil
1 large red onion, chopped
a 2.5-cm (1-inch) piece of fresh ginger, roughly chopped
5 garlic cloves, roughly chopped
3 tomatoes, quartered
2 tablespoons tomato purée
200 g (7 oz) tinned chopped tomatoes
1 green chilli, deseeded and cut in half
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
¼ teaspoon ground cinnamon
500 ml (17 fl oz) water
2 tablespoons ghee or butter
500 g (1 lb) skinless and boneless chicken breasts, cut into bite-sized pieces
freshly chopped coriander leaves, to finish

FROM YOUR SPICE BOX

WHOLE SPICES

½ teaspoon (1 spice spoon) cumin seeds
2 cardamoms, pods removed and seeds finely crushed
3 cloves, ground
a 2.5-cm (1-inch) cinnamon stick

GROUND SPICES

1 teaspoon (2 spice spoons) chilli
1 teaspoon (2 spice spoons) coriander
½ teaspoon (1 spice spoon) ginger
½ teaspoon (1 spice spoon) turmeric
1 teaspoon (2 spice spoons) mango powder
½ teaspoon (1 spice spoon) garam masala
¼ teaspoon (½ spice spoon) cumin
¼ teaspoon (½ spice spoon) fenugreek

SERVES 4

Heat 1 tablespoon of the oil in a heavy-based saucepan over medium heat. When hot, add the onion and fry for 3–5 minutes until soft and translucent. Add the ginger and garlic and fry for another minute. Take the pan off the heat and leave to cool.

Put the tomatoes, tomato purée, tinned tomatoes, green chilli, salt, pepper, ground cinnamon, the onion mixture, 100 ml (3½ fl oz) of the water with all the ground spices in a food processor or blender and blitz to a smooth paste. Set aside.

Heat the remaining oil and the ghee or butter in a heavy-based saucepan over medium heat. Add the cumin seeds, crushed cardamom seeds and the ground cloves from the whole spices and fry for 30 seconds. Add the chicken pieces and 100 ml (3½ fl oz) of the water. Cover and cook the chicken with occasional stirring for 10–12 minutes. Remove the lid and boil to reduce the water if any remains and brown the chicken until golden brown.

Add all the puréed mixture and cook for 15 minutes, stirring every now and then. Add the remaining water and cook for a further 8 minutes over low heat. Finish with a sprinkling of fresh coriander leaves and serve with rice.

We always look forward to travelling on the national highways in India just to relish dhaba chicken and tandoori naan! There are literally millions of dhabas dotted around the roadsides of India serving dhaba food.



Murg Lachaa

Rajasthan Chicken Strips

500 g (1 lb) skinless and boneless chicken breast, cut into strips
3 tablespoons oil
1 tablespoon butter
2 large red onions, chopped
2 garlic cloves, crushed
a 2.5-cm (1-inch) piece of fresh ginger, grated
125 g (4 oz) natural yogurt
10 g (¼ oz) ground almonds
1 tablespoon fresh desiccated coconut (see note below)
200 ml (7 fl oz) chicken stock
a pinch (¼ spice spoon) freshly ground black pepper
2 green chillies, deseeded and finely sliced
1 tablespoon freshly chopped coriander leaves
salt

FROM YOUR SPICE BOX

WHOLE SPICES

½ teaspoon (1 spice spoon) cumin seeds
2 cardamoms, pods removed and seeds crushed

GROUND SPICES

2 teaspoons (4 spice spoons) chilli
2 teaspoons (4 spice spoons) coriander
½ teaspoon (1 spice spoon) ginger

SERVES 4

Put the chicken in a heavy-based saucepan over medium heat and cover with a lid. Steam the chicken in its own water for 5 minutes and then set aside.

Heat the oil and butter in a heavy-based saucepan over medium heat. When hot, add the cumin seeds from the whole spices. When they begin to sizzle, add the onions and fry for 5 minutes until they are soft.

Add the garlic and ginger, fry for 2–3 minutes and then remove from the heat. Add all the ground spices as well as some salt to taste. Mix the spices well with the onions.

Whisk the yogurt, almonds and coconut in a bowl for 1 minute and then add it to the spice mixture. Stir well to combine and then pour over the steamed chicken.

Return the chicken pan to the heat and cook slowly, stirring regularly for about 5 minutes until the sauce becomes thick.

Add the chicken stock and black pepper and continue to cook over medium heat for 30 minutes. When the chicken is tender, boil to reduce and thicken the sauce as preferred.

Add the green chilli *<in the pic this is used just as a garnish?>*, coriander leaves *<also just a garnish?>* and crushed cardamom. Serve hot with rice or any flat bread and accompany with salad, chutney or raita.

Note:

<Add note about unsweetened dried coconut to be re-hydrated with coconut milk or powder.>

Quote?



Zeera Chicken

Cumin Chicken

3 tablespoons oil
¼ teaspoon freshly ground black pepper
a 2.5-cm (1-inch) piece of fresh ginger, grated
2 garlic cloves, crushed
3–4 green chillies, 1–2 pierced and left whole, and 1–2 finely chopped *<is this correct?>*
800 g (1 lb 10 oz) skinless chicken pieces (mixed boneless thighs and breasts and drumsticks)
1 tablespoon butter or ghee
100 ml (3½ fl oz) water
2 tablespoons freshly chopped coriander, plus extra to finish salt

FROM YOUR SPICE BOX

WHOLE SPICES

1 teaspoon (2 spice spoons) coriander seeds
2 teaspoons (4 spice spoons) cumin seeds
3 cardamoms, pods removed and seeds crushed

GROUND SPICE

1 teaspoon (2 spice spoons) garam masala

SERVES 6

Dry roast the coriander seeds and half of the cumin seeds from the whole spices in a hot frying pan for about 30 seconds over high heat until light brown. Transfer to a pestle and mortar and grind to a powder. Set aside.

Dry roast another ½ teaspoon (1 spice spoon) of the cumin seeds. Transfer to a pestle and mortar and grind to a powder. Mix with the garam masala from the ground spices in a small bowl and set aside.

Heat the oil in a heavy-based saucepan over high heat. When hot, add the crushed cardamoms, black pepper and the remaining cumin seeds. Fry for about 30 seconds until the seeds begin to sizzle.

Add the ginger, garlic, finely chopped green chillies, roasted coriander and cumin powder and some salt to taste. Fry for 2 minutes and then add the chicken.

Stir the chicken in the ingredients for 2 minutes and then cover and simmer for 20–25 minutes or until the chicken is tender and the cooking juices thicken.

Add the garam masala and cumin seeds mixture followed by the butter or ghee and the water. Stir for 1 minute and then add the coriander leaves and whole green chillies. Cover and leave the ingredients to infuse together for about 5 minutes.

Serve hot, sprinkled with freshly chopped coriander, as a snack or as a main meal with your choice of rice or flatbreads.

Quote?



Murgh Tandoori

Tandoori Chicken

2 teaspoons salt
juice of 1 lemon
800g (1 lb 10 oz) skinless and boneless chicken breasts and thighs, cut into large chunks, and drumsticks
10 tablespoons Greek yogurt
XX tablespoons Ginger-garlic paste (see page 000)
½ teaspoon freshly ground black pepper
<add 2 tablespoons tomato purée?>
1 tablespoon natural red vegetable or flower colouring (i.e. beetroot powder) (optional)
2 tablespoons oil
1½ tablespoons ghee or butter
1 red onion, sliced into rings
Chaat Masala (see page 000)
lemon wedges, to serve

FROM YOUR SPICE BOX

GROUND SPICES

2 teaspoons (4 spice spoons) chilli
1½ teaspoons (3 spice spoons) cumin
½ teaspoon (1 spice spoon) coriander
½ teaspoon (1 spice spoon) turmeric
½ teaspoon (1 spice spoon) garam masala
½ teaspoon (1 spice spoon) fenugreek leaves

SERVES 6

Mix together half the chilli from the ground spices, 1 teaspoon of the salt and half the lemon juice in a small bowl.

Make slashes through to the bone of the chicken in the most fleshy parts of the meat on the drumsticks using a sharp knife.

Rub the the lemon-spice mixture liberally all over the chicken drumsticks and other chicken pieces, making sure it is pushed into the cuts. Cover and set aside.

Put the yogurt, ginger-garlic paste, ground black pepper, remaining salt, all the ground spices and the red colouring (if using) in a large bowl. Mix well and then pour over the chicken making sure it is all coated with marinade. Pour over the oil to give the chicken a final coat. Transfer to the fridge to marinate for 1–4 hours or overnight.

Preheat the oven to 200°C (400°F), gas mark 6. Line a baking tray with foil and place the marinated chicken pieces on it. Cook in the preheated oven for 30 minutes.

Remove the chicken from the oven and transfer to a plate leaving any marinade residue on the baking tray. Heat the ghee or butter and a little extra oil in a frying pan over high heat. Place the chicken in the hot pan and sprinkle with the onion and the chaat masala. Cook for 4–5 minutes, turning the onions and chicken pieces over a few times to cook well.

Serve hot (although it can also be eaten cold) with a squeeze of lemon juice. Tandoori chicken is best served with a cucumber and mint salad and naan bread

Tip:

It is a good idea to use plastic gloves when you are rubbing the marinade into the chicken – particularly if you are using the food colouring.

Variation:

You could use 800–900 g (1 lb 10 oz–1 lb 13 oz) boneless chicken pierced onto skewers.



Dum Murgh

Infused Chicken

50 g (2 oz) ground almonds
200 ml (7 fl oz) water
3 tablespoons oil
1 tablespoon butter
1 red onion, finely chopped
XX tablespoons Ginger-garlic paste (see page 000)
500–600 g (1lb–1 lb 3 oz) skinless and boneless chicken breasts, cut into bite-sized pieces
½ teaspoon salt, or to taste
½ tablespoon mint leaves, freshly chopped or dried
60 ml (2½ fl oz) single cream
2 green chillies, left whole and pierced
1–2 teaspoons rosewater essence

FROM YOUR SPICE BOX

WHOLE SPICES

1 bay leaf
a 4-cm (1½-inch) cinnamon stick
4–5 cardamoms, pods removed and seeds crushed

GROUND SPICES

1 teaspoon (2 spice spoons) chilli
½ teaspoon (1 spice spoon) turmeric

SERVES 4–6

Mix the ground almonds with 50 ml (2 fl oz) of the water in a small bowl to make a paste. Set aside.

Heat the oil and butter in a shallow frying pan with a good fitting lid over medium. When hot, add the whole spices, fry for 30 seconds and then add the onions. Sauté for 3–4 minutes or until tender and then add the ginger-garlic paste.

Add the chicken and fry for 30 seconds before adding all the ground spices, the salt and the remaining water. Cook for 5 minutes with occasional stirring.

Add all the remaining ingredients, stir and then put a layer of foil over the pan. Cover with a lid and turn the heat down to low.

Cook for 6–7 minutes and then check to see if the meat is tender. If not, add another 100–150 ml (3½–4 fl oz) water and cook for a 5 minutes.

Serve with rice or chapatti and a cucumber salad.

Quote?



Naryal-Kajew Murgh

Chicken in Coconut & Cashew

40 g (1½ oz) unsalted roasted cashew nuts
25 g (1 oz) fresh coconut, grated, or desiccated coconut, soaked and drained
300 ml (½ pint) water
2 tablespoons oil
1 red onion, diced
a 2.5-cm (1-inch) piece of fresh ginger, finely grated
2 garlic cloves, crushed
¼ teaspoon freshly ground black pepper
500 g (1 lb) skinless and boneless chicken breasts (or a mix of breast and thighs), cut into bite-sized pieces
1 teaspoon butter
3 green chillies, deseeded and chopped
2–3 tablespoons freshly chopped coriander leaves
salt

TO FINISH

10 g (½ oz) unsalted and roasted cashew nuts, split into halves
Coconut Chutney (see page 000)
lime wedges

FROM YOUR SPICE BOX

WHOLE SPICES

½ teaspoon (1 spice spoon) coriander seeds
½ teaspoon (1 spice spoon) cumin seeds
3–4 curry leaves

GROUND SPICES

½ teaspoon (1 spice spoon) turmeric
¼ teaspoon (½ spice spoon) fenugreek

SERVES 4

Dry roast the coriander seeds from the whole spices in a hot frying pan for about 30 seconds until they turn dark brown. Transfer the roasted seeds to a pestle and mortar and grind to a fine powder. Set aside.

Put the cashew nuts, coconut and 200 ml (7 fl oz) of the water in a food processor or blender and blitz to a smooth paste. Set aside.

Heat the oil in a heavy-based saucepan over medium heat. When hot, add the cumin seeds. When they begin to sizzle, add the onion and some salt. Fry for 2 minutes or until they are soft and translucent.

Add the ginger, garlic, black pepper and all the ground spices. Stir all the ingredients together for 1 minute and then add the chicken with the remaining water. Cover and simmer with occasional stirring for 15 minutes or until the chicken is tender.

Remove the lid, boil to reduce any liquid and brown the chicken in the oil that has separated from the liquid for 2–3 minutes.

Add in the dry roasted coriander as well as the cashew and coconut paste. Simmer and stir for 1–2 minutes or until a thick sauce forms. Cover and simmer with occasional stirring for 10–12 minutes.

Transfer to a serving dish and top with some roasted cashew halves to finish. Serve hot with naan bread or any flatbread and Coconut Chutney (see page 000).

Tip:

Fresh coconut is sometimes difficult to find, so you can use unsweetened desiccated coconut mixed with a little water or milk and left to soak for 10–15 minutes instead.

A very royal dish with cashew and coconut sauce, which in the past, was only served to Maha-Rajas – and today, Maha-Ranis like Alexa and Sereena can have it as well!

