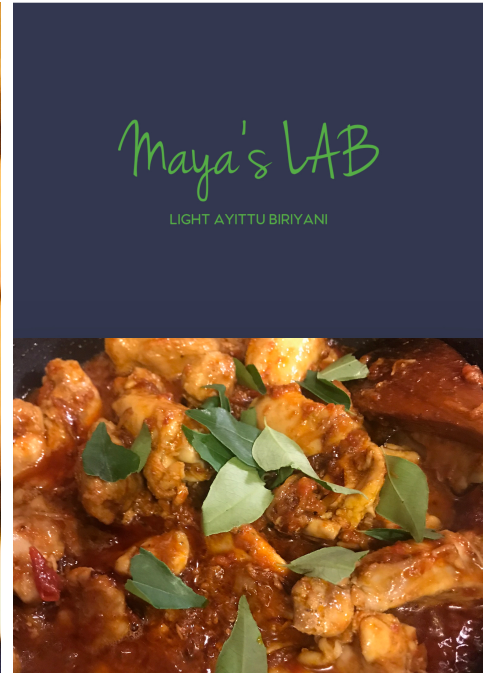


Chicken Roast

Courtesy : Annamma Jose Kallivaylil



Ingredients

Chicken -1Kg
Cardamom,cloves,cinnamon
-2 each (optional)
Star anise- 1petal
(optional)
Turmeric - 1/4 tsp
Chilly Powder - 3/4 tsp
Coriander Powder - 1 tbsp
Coarsley ground ginger
-1tbsp
Coarsely Ground garlic -1tbsp
Water -1/2 cup
Onion(sliced) - 3 nos
Potatoes (sliced for French
fries) -3nos
Tomato- 3nos to be puréed (or
tomato paste -3tbsp)
Kashmiri Chilly Powder - 1/2
Tsp
Curry Leaves -2 sprigs
Coconut Oil or any cooking
oil (as required for frying and
cooking)

Every time I visited my maternal family home, this was served as the piece de resistance! The potato fries in there was my favorite, that explains the excess in the picture.

Annamma Aunty defined the meaning of a food aficionado. She used the freshest produce and knew just the way to bring out the flavor in every dish she served. She also had a way to simplify the dishes without compromising on the taste.

- Lightly crush the spices. You could avoid the spices, if you are not a fan.
- Coarsely grind fresh ginger and garlic .
- Slice the onions and potatoes for frying.
- Purée the tomatoes in a blender. This could be replaced by 3tbsp of tomato paste. That could reduce a lot of oil used otherwise as it is already cooked.



- Take a deep dish kadai which has a cover.
- Place the cleaned and cut chicken. Add the crushed spices, turmeric, chilly & coriander powders, salt and water.
- Cover the kadai and cook on medium flame till the chicken is done. This step can be done in the pressure cooker too .
- Now fry the sliced the onions till they are golden brown and set it aside in two portions. You could place one portion on a spider web sieve, so that it remains crisp.
- Fry the sliced potatoes till golden in 3 portions. Set it aside. Now flash fry them all again together so that it remains crisp.
- Now take some oil (enough to cover the bottom of the dish) left behind from the fried onions and add the tomato purée.
- Add the Kashmiri chilly powder (or 1/4 tsp of chilly powder) to the tomato purée . This adds a deeper color and smoky flavor to the chicken.
- Cook the puréed tomatoes till the raw smell is gone. The purée would be reduced considerably and it will be more of a paste consistency, deep red in color. This step could be replaced with the shop bought tomato paste.
- Now add one portion of the fried onions to the cooked tomato paste. Sauté it for a while, till they are combined.
- Now add the chicken with some fresh curry leaves. Sauté till the water is reduced to the consistency of your choice. Add more salt if required.
- Garnish with fried onions and potatoes. Serve hot!

For any queries
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