

Hühnchen-Eintopf (Chicken Stew from Kerala)

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Typ: Fleisch

Quelle: 50 Great curries of India, p. 104

Bemerkungen: 8 Okt 2014: sehr gut. Curry-Blätter wesentlich für den Geschmack Ich habe das Original-Rezept abgewandelt, s.u.

Zutaten: Serves 4-5

1 2½ x 2 cm piece of fresh ginger (half cut into thin julienne, the other half into pieces)
1 teaspoon peppercorns
a little turmeric powder
2 onions, chopped coarsely
2-3 green chillies
1 can of coconut milk
10-12 new potatoes
2 carrots
salt to taste
3 tablespoons oil
1 tablespoon ghee
½ teaspoon mustard seeds
1 cinnamon or bay leaf
2 garlic cloves, sliced lengthwise
5-cm cinnamon stick
4 cardamoms
3 cloves
20 curry leaves
800g boneless, skinless chicken pieces
½ cup fresh or frozen peas

Rezept:

1. Pound the ginger pieces (retain the julienne strips for later), peppercorns and turmeric into a thick uneven paste.
2. Blend together the onions and green chillies.
3. Peel potatoes and cut into 3-cm-pieces. Peel carrots and slice into 1-cm-wheels.
4. Heat the oil and ghee, and when hot add the mustard seeds. When the seeds crackle, add the cinnamon or bayleaf. When the mixture turns a khaki colour add the sliced garlic, the cinnamon stick and cardamoms. After 20 seconds add the ginger paste, cloves and curry leaves, then add the chicken and saute in the spiced oil for 2-3 minutes. Sprinkle with garam masala powder. Add the onion-chili puree and saute for another 5 min.
5. Add the coconut milk and half a cup of chicken stock and salt to taste. Boil gently for 40 min. At 25 min, add carrots. At 20 min, add potatoes. Add peas and julienne stripes of ginger 5 min before end of cooking time.