

Huhn mit Zwiebeln (Chicken Dopiaza)

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Typ: Fleisch

Quelle: 50 Great Curries of India, S. 106)

Bemerkungen: Dopiaza is a popular dish in Indian restaurants outside India. Do means two and piaz means onions in Hindi, and the term describes a dish using twice the normal proportion of onions or in which onions are used twice in the cooking process. Dopiaza is essentially an Indian Muslim dish and Bengal has a tradition of fine Muslim cooking. The province was ruled by the Nawab of Murshidabad and Muslim Moghal governors until the British took over. And the exiled Nawabs of Oudh, as well as the family of Tipu Sultan, came to Calcutta after ceding their kingdom in the south to the British. So there has been an inflow of Muslim culinary influences. Bengal is a region where people are particular about their food and many Bengali men cook superbly. This is Batuk Bhattacherya's recipe and is the finest dopiaza I have ever tasted. At home the Bhattacherya cooks the chicken dishes and his wife makes all the fish ones.

15 Feb 15: Statt Zwiebelsaft habe ich 2 Zwiebeln püriert. Ingwer fein gehackt zusammen mit dem Knoblauch angedünstet. Kann ruhig eine ganze Stunde im Ofen bleiben (150°C; die ersten 15 min davon bedeckt). Sehr feines Aroma!

Zutaten:

Serves 4
1.25 kg small roasting chicken
9 medium onions
8 small potatoes (optional)
3 teaspoons red chilli powder
1/2 cup full-fat yoghurt
1/2 cup oil
6 plump garlic cloves, finely chopped
2 cinnamon or bay leaves
2 tablespoons ginger purree
5-cm cinnamon stick
6 cardamoms
1 1/2 teaspoons peppercorns
12 cloves
3 whole red chillies
1/2 teaspoon turmeric
2 tomatoes, chopped
1 tablespoon butter
teaspoon sugar
1 1/2 teaspoons garam masala powder
salt

Rezept:

1. Cut the chicken into 8 pieces on the bone. Cut 3 of the onions in half. Chop 2 of the onions coarsely. Extract the juice from the remaining 4 onions by grating them and squeezing out the juice through a cheesecloth, discarding the pulp.
2. Peel the potatoes, if using. Mix the chilli powder to a paste with a little water. Whisk the yoghurt.
3. Heat the oil in a heavy pan and fry the chopped onions until light brown.

Remove and drain on kitchen paper and set aside. In the same oil, fry the garlic, bay leaves and, after a couple of minutes, add the cinnamon and cardamoms. Then, 2 minutes later, add the peppercorns, cloves and whole red chillies.

4. After 30 seconds, add the ginger puree, chilli paste and turmeric and stir continuously. Add the chicken, potatoes and tomatoes, followed by the butter, yoghurt and sugar. Cook for 10-12 minutes, stirring so that the spices do not stick to the bottom of the pan and add a little water if necessary.

5. Now add the onion halves, followed by the onion juice and salt to taste. Stir for 2-3 minutes. Then transfer to a baking dish and cook in the oven, preheated to 150°C/325°F/Gas Mark 3 and cook for 20-25 minutes. When the chicken and potatoes are done, add half the fried onions and sprinkle over the garam masala powder. Sprinkle over the remaining fried onions just before serving.