

Huhn und Cashews mit schwarzen Gewürzen

865

Typ: Fleisch

Quelle: 50 Great Curries of India, S. 97

Bemerkungen: CHICKEN AND CASHEW NUTS IN BLACK SPICES
KAJU CHICKEN IN KAALA MASALA (BOMBAY)

Maharashtrians have a powdered spice mixture called kaala masala which they use in many dishes. Kaala means black, and it is a combination of dark-coloured spices, a kind of garam masala with the addition of coriander seeds and cumin.

This is a thick, nutty curry of chicken with lots of cashew nuts, whole and crushed, and is delicious. The recipe comes from the wife of the famous gynaecologist of Bombay, the late Dr Shirodkar. Eat it with rotis. Lemon rice (without the cashew nuts) also goes well with it since the dish has no touch of sourness.

Das Pürieren der Pampen macht Probleme, weil die Messer des Blenders durchdrehen. Vielleicht besser mit Pürierstab in größerer Schüssel. 2-3 Knoblauchzehen und 2 getrocknete rote Chilis tun es auch. Jan 24: Kreuzkümmel vergessen

Zutaten

Serves 4

1 kg chicken, skinned
100g grated coconut
12 plump garlic cloves, peeled
2.5 x 1-cm piece of fresh ginger, chopped
2½ tablespoons coriander seeds
1½ teaspoons cumin seeds
6 whole dried red chillies
6 cloves
7,5 cm cinnamon stick
225 g cashew nuts
1 large onion, chopped
5 tablespoons oil
salt

Rezept:

1. Cut the chicken into 8 pieces.
2. In a large frying pan, without any fat or oil, roast the coconut, garlic, ginger, coriander seeds, cumin seeds, red chillies, cloves and cinnamon over a low heat. After 5 minutes add 50 g of the cashew nuts and the onion and roast for a further 10 minutes, stirring all the time. Turn off the heat and leave to cool. Grind the mixture in a Blender or food processor with ¾ cup water to a fine consistency.
3. Separately grind 25 g of the remaining cashew nuts with a little water to make a fine paste and set aside.
4. Heat the oil in a cooking pot, add the ground spice mixture and fry for 10 minutes over a low heat. Add the ground cashew nuts and salt to taste and fry for a further 2-3 minutes.
5. Add the chicken, turn up the heat to moderate and fry for 5 minutes. Then add 3 cups water and leave to cook over a low heat for 10 minutes, covered.
6. Add the remaining cashew nuts and continue to cook until the chicken is done. You

should have a thick, dark curry with whole cashew nuts in it.

When grinding the spices and cashew nuts make sure that the resultant paste is smooth and fine by grinding for a long time until you get this consistency. If not, the curry will look as if it has curdled (Wohl wahr!).