

Hühnchen mit dicker Kokos-Soße - Kori Gashi (Mangalore)

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Typ: Fleisch

Quelle: 50 Great Curries of India, p 101

Bemerkungen: Mangalore is a port town just off Goa on the West coast of India. The cuisine of Mangalore features a lot of seafood and also includes chicken, unlike Goa where chicken is eaten rarely. The Hindus and Christians both have interesting curries. The Gashi is a thick coconut gravy with a grainy texture.

This recipe is from a Hindu family. It is reddish-brown in colour and slightly on the hot side. The exact degree of spiciness depends on the variety of chilli used.

It is different from other coconut and chilli-based curries in that the coconut and spices are fried in oil before grinding, and there are a few unusual spices for this kind of curry - mustard seeds and fenugreek seeds. The tamarind is also ground with the spices. The fresh curry leaves give Kori Gashi a distinctive aroma. Dried curry leaves are no good.

Zutaten: Serves 4-5

1 cup of dried grated coconut
2.5 x 1 cm piece of fresh ginger
3 plump garlic cloves
olive oil für frying
2 whole dried red chillies
4 heaped teaspoons coriander seeds
1 teaspoon mustard seeds
½ teaspoon fenugreek seeds
5 cm cinnamon stick
1 teaspoon cumin seeds
8 peppercorns
4 cloves
½ teaspoon turmeric powder
25 g tamarind pulp
2 cups chopped onion
1 tin of coconut milk (400 g)
10-12 curry leaves
salt
1 kg chicken pieces, on or off the bone, skinned

Rezept:

1. Peel and dice the onions. Peel and coarsely chop the ginger and garlic.
2. In a frying pan, over a low heat, put 1 tablespoon of the oil just to grease the pan and saute the grated coconut for 5 minutes until lightly brown. Remove from the heat and set aside.
3. Add another tablespoon of oil just to grease the pan and saute the red chillies for 2-3 minutes, then add the coriander, mustard and fenugreek seeds, the cinnamon, cumin seeds, peppercorns, cloves and turmeric, in this order. Stir continuously. One minute after putting in the last item, remove from the heat.
4. Put these spices into a blender with the fried coconut, the tamarind, half the onion and ½ cup

of coconut milk and blend to make a smooth paste. This will take at least 5 minutes.

5. Heat 3 tablespoons of the oil in a cooking pot. Saute the remaining chopped onion until medium-brown; this will take about 15 minutes. Add the ginger and garlic and fry for 1-2 min.

6. Add the spice paste together with a little water and saute for 3 minutes, then add the chicken and saute for a few minutes. After 5 minutes add another cup of coconut milk and salt to taste. Add 1 cup water. Cook on a low fire, covered, until the chicken is almost done (20 min), add the curry leaves and boil for just 1 minute.

Lamb, boiled eggs and mixed vegetables or single vegetables, like baby okra or big chunks of cauliflower together with large pieces of potato, can be prepared in the same way.