

Hähnchen-Curry mit Linsen und Gemüse (Dhansak, Bombay)

714

Typ: Fleisch

Quelle: 50 Great Curries of India, S. 98

Bemerkungen: Nov 17: Wenn alle Zutaten dastehen, ist das Rezept einfach. Vorsicht: die Linsen brennen sehr leicht unten an. 2 rote Paprika in Stücken ganz am Ende dazu.

Dhansak is the best-known and liked dish in Parsee cuisine. The Parsees fled from Persia to avoid religious persecution in the thirteenth century and settled on the Western Coast of India, in what is now Gujarat State. They adopted Gujarati as their language and absorbed local influences into their cuisine. Dhan in Gujarati means wealth, but in Parsee Gujarati Dhaan means rice. Sak means vegetables. Dhansak is a meat, vegetable and lentil curry eaten with a caramelized brown pulao rice. It is often eaten at Sunday lunch but is not served on auspicious occasions since it is customarily eaten on the fourth day after a funeral. Although there are many ingredients, it is quite simple to prepare. The dhansak masala may be available in some Indian grocers, but Parsee sambar masala has not yet found its way to the West.

Zutaten: Serves 6

1.4 kg chicken, cut into 6 or more pieces
300 g toor dal (whole dried variety; gelbe, geschälte Linsen)
50 g tamarind pulp
5 cm square piece of fresh ginger
6 garlic cloves
2 large onions, chopped
200 g red pumpkin, chopped
150 g aubergines, chopped
1 potato, chopped
3/4 cup fresh dill, finely chopped
1/2 teaspoon turmeric powder
1 cup + 1 tablespoon coriander leaves
20 leaves fresh mint
salt
1/2 cup oil
1/2 bunch fresh fenugreek or 2 teaspoons dried fenugreek leaves (kasuri methi)
3 teaspoons Parsee sambar masala
2 teaspoons dhansak masala
1 teaspoon cumin powder
3 teaspoons coriander powder
2 teaspoons red chilli powder
3 tomatoes, chopped
6 green chillies, chopped
1 tablespoon jaggery or palm sugar
2 rote Paprika, in 2-cm-Stücke geschnitten
juice of 1 lime

Rezept:

1. Make a chicken stock with the bones, neck, giblets and trimmings.
2. Wash the toor dal and soak it in water for 30 minutes. Soak the tamarind in 1 cup water for at least 30 minutes.

3. Chop 4-cm piece of the ginger and 4 of the garlic cloves.

4. In a large cooking pot, put the dal to cook in 3 cups water along with the onions, pumpkin, aubergines, potato and dill. Add the turmeric, whole remaining piece of ginger, remaining 2 garlic cloves, 1 tablespoon of the coriander leaves and 8 of the mint leaves. Simmer until the dal is very soft. Allow to cool slightly. Liquidize with an egg-beater to achieve a creamy consistency. Season with 1 teaspoon salt.

5. While the dal is cooking, heat the oil in a large frying pan and fry the chopped ginger, garlic, 1 cup coriander leaves, 12 mint leaves, fenugreek, sambar masala, dhansak masala, cumin and coriander powders, tomatoes and green chillies and fry for 2 minutes, stirring continuously. Add the chicken and saute for 2 minutes. Season with 1 teaspoon salt and stir well.

6. Add the chicken to the dal with 3 cups chicken stock or water. Add the jaggery. Simmer until the chicken is cooked through before adding the tamarind water and lime juice; adjust for salt, then simmer for a couple of minutes. It is now ready to serve. Kurz vor dem Servieren die Stücke rote Paprika hinzufügen, damit sie beim Essen noch ein wenig Biss haben.

This is a straightforward and tasty recipe for dhansak. Parsees who are fastidious use a mix of dals — 200 g of toor dal and 1 tablespoon each of moong, masoor and val dal.

Dhansak powder in packet form is available at Indian grocers. If unavailable use 1½ teaspoons garam masala and ½ teaspoon star anise powder and 14 teaspoon nutmeg powder. Instead of Parsee sambar masala make the following mix: 1 teaspoon fenugreek powder, ½ teaspoon mustard powder, 1 teaspoon red chilli powder and ½ teaspoon ground pepper.