

Briyani Curry Recipe

Ingredients: Serves 4

1kg chicken pieces or cubes of de-boned lamb
1 to 1½ teaspoons salt
2 tablespoons black peppercorns, finely ground
1 teaspoon sugar
4 to 6 tablespoons curry powder mixed with 6 tablespoons water to form a paste
½ cup ghee
½ cup tomato paste
2 large onions, cut into rings
3 plants coriander leaves, chopped
5 tomatoes, each cut into 8 wedges
6 tablespoons yoghurt or soured evaporated milk
1 cup water

Spice Paste:

2 green chilies
2 red chilies
20 shallots
5 cloves garlic
5 slices ginger

Method:

Wash meat well, drain and marinate with ½ the salt and ground peppercorns and 1 tablespoon curry paste for an hour. Pound or grind all the spice paste ingredients together until you get a fine paste. Heat ghee, then stir-fry the spice paste until aromatic. Add the rest of the curry paste, and stir-fry until fragrant. Add onion rings and stir-fry until soft. Add tomato paste, the marinated meat and water. Stir well and cook, covered, over medium heat for 30 minutes until chicken is cooked and the sauce is thick. (With lamb you may need to simmer the meat over low heat for about 1 hour for it to be tender). Add yoghurt, coriander leaves, tomatoes and sugar. Stir over medium heat and cook until gravy is thick. Taste for salt.