

Spring Chicken in Almond Sauce Recipe

Ingredients: Serves 4

4 poussin breast joints and 4 leg joints, skinned
125g whole milk plain yoghurt
1 teaspoon chick pea flour (besan)
2.5cm piece root ginger grated or 2 teaspoons ginger puree
4-5 garlic cloves, crushed, or 2 teaspoons garlic puree
1 large onion, finely chopped
½-1 teaspoon chili powder
½ teaspoon ground turmeric
6 green cardamom pods, bruised
1 teaspoon salt
1 tablespoon blanched and slivered almonds
2 tablespoons white poppy seeds
2 tablespoons sunflower or vegetable oil
2 teaspoons ground coriander
1½ teaspoons ground cumin
½ teaspoon ground fennel
15g fresh coriander leaves and stalks, finely chopped
1 tablespoon fresh mint leaves, chopped
2-3 small green chilies, slit lengthways
saffron rice, to serve

Method:

Put the poussin joints in a large non-stick sauté pan or frying pan with a lid. Whisk the yoghurt with the chick pea flour (whisking prevents the yoghurt curdling during cooking), ginger, garlic, onion, chili powder, turmeric, cardamom pods and salt. Stir over a medium heat until the joints are opaque (4-5 minutes). Cover the pan and reduce the heat to low. Cook for 15 minutes, stirring once or twice. Remove the lid and cook, uncovered, over a medium-high heat until the sauce resembles a very thick batter. Meanwhile, grind the almonds in a coffee or spice mill until they are broken up into small pieces. Add the poppy seeds and grind until fine. Add the oil, coriander, cumin and fennel to the cooked poussins and stir over a medium heat for 2-3 minutes. Add the ground almond mixture and reduce the heat to low. Continue to fry until the meat begins to brown (5-6 minutes), stirring regularly. Add 150ml warm water and continue to cook for 2-3 minutes. Add the herbs and chilies. Cook for 1-2 minutes, remove from the heat and serve with saffron rice. You can use mature birds if you wish in this recipe.