

White Chicken Curry Recipe (Indian Recipes)

Ingredients:

500 g boneless chicken breasts, skinned
70 g podded broad beans
450 g coconut milk
20 g ginger julienne

Spice paste:

2 teaspoons vegetable oil
1 large onion, sliced
20 g root ginger, chopped
10 garlic cloves, chopped
2.5 cm cassia bark or cinnamon stick
2 cloves
2 green cardamom pods
1 teaspoon fennel seeds
8 green chilies
1 teaspoon coriander seeds
30 g cashew nuts
100 g yogurt

Seasoning:

2 tablespoons vegetable oil
1 bay leaf
1 star anise
2 cloves
2.5 cm cassia bark or cinnamon stick
2 onions, sliced

To finish:

2 tablespoons chopped coriander leaves
grated zest and juice of 1 lime
coriander sprigs and lime slices, to garnish

Method:

Cut the chicken into strips, about 2.5 cm wide and place in a shallow dish. To make the spice paste, heat the oil in a deep sauté pan and add the onion, ginger, garlic, spices and cashew nuts. Sauté lightly until the onions are softened, without coloring them. Allow to cool, then whiz to paste with the yogurt, using a blender or mini-processor. Coat the chicken with the spice paste, cover and leave to marinate in a cool place for about 30 minutes. For the seasoning, heat the oil in the clean sauté pan. Add the bay leaf and whole spices, and sauté for a minute or two. Add the onions and fry gently until they are softened and translucent. Add the broad beans and coated chicken strips to the pan, and sauté lightly for 3-5 minutes. Add the coconut milk and ginger julienne and bring to a simmer. Continue to simmer gently for 12-15 minutes or until the chicken is cooked. Remove from the heat and add the chopped coriander leaves, lime zest and juice. Serve the curry in bowls, garnished with coriander sprigs and lime slices. Accompany with rice.

Note: If you are able to obtain very young broad beans, use them whole in the pod, slicing diagonally into 2.5cm pieces.