

Tari Wala Chicken (Punjabi Chicken Curry)*

(India)

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The History of India begins with the Indus Valley Civilization and the coming of the Aryans. These two phases are described as the pre-Vedic and Vedic periods. Indus valley civilization, which flourished between 2800 BC and 1800 BC, had an advanced and flourishing economic system.

Tari Wala Chicken/Punjabi Chicken Curry (“tari” means curry) is a classic and authentic chicken curry recipe. Its origin is in the North part of India in Punjab. All homes love making this food if they are non-vegetarian and this dish is a global favorite.

Ingredients:

- 1 pound skinless chicken (mix of chicken legs and thighs)
- 1/2 cup of plain yogurt (you can use Greek yogurt also)
- 3 medium-sized yellow onions, finely chopped
- 3 tablespoons of ginger and garlic paste
- 1/2 cup tomato sauce
- 1/8 cup of tomato paste
- 2 teaspoons cumin seeds
- 2 teaspoons turmeric powder
- 2 teaspoons coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon garam masala
- 2 green chilies, finely chopped
- salt to taste
- 5-6 green cardamoms (elaichi)
- 1 tablespoon crushed kasuri methi
- 1 tablespoon neutral oil (like avocado or canola)
- 1 tablespoon unsalted butter
- 2 cups water
- 1/2 cup chopped cilantro for garnish

Instructions:

Marinate the chicken in yogurt, 2 tablespoons of ginger and garlic paste, 1 teaspoon of turmeric powder, 1 green chili, and salt to taste. Set aside for 20 minutes.

While chicken marinates, start to prepare the masala.

Add butter and ghee to pot. Add cumin seeds and allow them to start spluttering.

Add green cardamoms (elaichi) and onions. Cook until golden brown (5-7 minutes).

Add remainder of ginger and garlic paste (1 tablespoon) and green chilies. Cook for 30 seconds. Lower flame.

Add remaining turmeric powder, coriander powder, salt, and cumin powder. Mix well. You may need to add 1-2 tablespoons of water to loosen up the masala.

Add tomato sauce and tomato paste. Cook with the lid closed for 3-4 minutes or until it releases oil.

Turn the flame to high, add marinated chicken and “bhuno.” Mix well for 7-10 minutes or until chicken releases its oil.

Add Kasuri methi. Mix for 30 seconds.

Add water. Mix well. Allow chicken to cook on low to medium flame with the lid closed for 10-12 minutes.

Add garam masala and garnish with cilantro.

Tips: Don't skimp on the onions. Use about 3 medium-sized onions for this recipe. The key is in the masala and masala comes from the onions. Prepare this chicken in a heavy bottom pan. Try to use fresh ginger and garlic paste.

* Recipe adapted from Cook with Neelma Kohli