

Chicken Korma

Ingredients:

2 medium onions	1 tsp Turmeric
2 large cloves of garlic	1 tsp Ground coriander
Thumb sized piece ginger	1 tsp Garam Masala
2 chillies	6 Chicken Thighs
Sunflower oil	1 tbsp. Ground almonds
1/3 block creamed coconut	2 tsp Tomato puree
2 tbsp. Greek yoghurt	
100g wholemeal flour	
100ml water	
Coriander leaves	

Panch Poran

Cardamon seeds, cumin seeds, coriander seeds, fennel seeds, black mustard seeds, cloves.

Resources: knives, chopping boards, frying pan, saucepan, wooden spoon, mixing bowl, rolling pin, scales, fork.

1. Peel and finely slice the onions.
2. Peel and finely chop the garlic.
3. Dry fry the seeds (Panch Poran) in a frying pan on a low heat until they start popping.
4. Put seeds in a pestle and mortar and grind to break them up.
5. Peel and finely grate the ginger.
6. De-seed and finely chop the chillies.
7. Put the oil in the pan on a medium heat and soften the onions, stirring occasionally until brown.

8. Add the dry spice mix and stir for one minute.
9. Divide each chicken thigh into 6 pieces.
10. Add to the pan and stir-fry until browned on all sides.
11. Add the ginger, garlic and chillies to the pan.
12. Add the turmeric, ground coriander and garam masala.
13. Add the tomato puree and about 100ml of water and stir.
14. Season with salt and pepper and cook for 15 minutes, then take off the heat.
15. Add the yoghurt to the curry.
16. Grate the creamed coconut in and stir in the ground almonds.
17. Chop a handful of coriander leaves.
18. Stir the leaves through the curry and keep warm.
19. **Roti Bread**— Weigh out the wholemeal flour into a mixing bowl. Season with a pinch of salt.
20. Gradually add boiling water, mixing with a fork to make a stiff dough .
21. When cooled slightly, knead the dough adding a small amount of oil. The dough should smooth and slightly elastic.
22. Break the dough into 4 pieces and roll into balls.
23. Roll out the dough to a disc, about the thickness of a 10p.
24. Heat a small amount of oil in a frying pan. When hot, put in the roti and fry for about 90 seconds on each side.
25. Remove to cool.
26. Serve with the curry.