

Achaari Murg

Chicken, cut into 8 pieces/ 800-900 gm of boneless chicken

INGREDIENTS

- 1 1/2 tsp – Onion seeds (kalonji)
- 2 tsp – Aniseed (saunf)
- 2 1/2 tsp – Cumin seeds (jeera)
- 2-3 nos – Whole red dry chillies
- 3-4 tbsp – Ghee (clarified butter)
- 2 cups – Onions, sliced (red onion)
- 1 tsp – Fenugreek seeds (methi dana)
- 5 tsp – Garlic paste (lasun)
- 2 1/2 tsp – Ginger paste (adrak)
- 1 tsp – Turmeric powder (haldi)
- 1 tsp – Coriander powder (dhaniya)
- 200 gm – Yogurt strained (dahi)
- 2 tsp – Lemon juice (nimbu)
- Salt to taste
- 2 1/2 tbsp – Green coriander, chopped (dhaniya)

METHOD

1. Heat the ghee (clarified butter) in a wok. Add the achaari masala (onion seeds, aniseed, cumin and whole red chillies) and the sliced onion to this.
2. Sauté till the onions are light brown. Now add the fenugreek seeds.
3. Add the ginger-garlic paste and cook for 2-3 minutes.

4. Add the red chilli powder, turmeric powder, coriander powder and yogurt; cook till the oil rises to the surface.
5. Add the chicken, sear it. Now add 1 cup water or chicken stock and cook on low heat till the water is reduced and the chicken is tender.
6. Add the lemon juice and adjust the seasoning.
7. Serve hot garnished with fresh green coriander. This dish tastes better if cooked one day in advance.

Serves 4-6

Recipe contribution: The Jaipur Kitchen
