

MURGH MASALA do-PIAZA

(Spiced Chicken in an Onion Tomato Gravy)



Ingredients:

3	Pounds	Chicken Breasts or Tenders, cut into bite-sized pieces
4	Tablespoons	Coconut Oil, divided
2	Large	Sweet Onions, sliced thin
¼	Cup	Water
4	Cloves	Garlic, chopped
3	Tablespoons	Fresh Ginger, chopped fine (about 2 thumb-sized pieces)
1	Teaspoon	Ground Turmeric
¼	Teaspoon	Ground Cinnamon
¼	Teaspoon	Cayenne Pepper
¼	Teaspoon	Ground Nutmeg
1	Teaspoon	Cumin Seed, toasted and ground
3	Cups	Fresh Tomatoes, pureed (or 2-14.5 ounce cans crushed tomatoes)
		Salt to Taste
¼	Cup	Fresh Coriander Leaf, chopped (cilantro)

Directions:

1. Heat 2 tablespoons oil over medium-high heat. When hot add the chicken and sear them, a few pieces at a time, for 2 – 3 minutes. Remove from pan. Continue until all the chicken is browned.
2. Add the other 2 tablespoons of oil, along with the onions and water, and cover. Cook for 4 – 5 minutes. Remove the lid and continue cooking, stirring frequently until the onions begin to caramelize, about 15 minutes. Add the garlic and ginger. Cook for an additional 2 minutes, stirring often.
3. Stir in the turmeric, cinnamon, pepper, cumin, nutmeg and salt. Add the tomatoes, reduce the heat to medium, and simmer until the gravy has thickened. Add the chicken back to the pan and continue to simmer until the chicken is cooked through.
4. Remove from heat and fold in the chopped cilantro. Serve with Nimboo Adrak Chawal, if desired.