



?V? in our Ingredients Alphabet. Ok it?s more on a dish than an ingredient, but not to worry. The list of ingredients is a bit daunting but we actually had all the spices in ?Spice Corner?. We?re a bit sad like that!

Ingredients:-

- 2 teaspoons Coriander seeds
- 1 teaspoon Mustard Powder
- 1 teaspoon whole black peppercorns
- 4 Cardamom pods
- 1 teaspoon of Clove Powder
- 1 teaspoon hot chili flakes
- 1 teaspoon ground turmeric
- 2 teaspoons Sugar
- 1 tablespoon Fresh Ginger, finely sliced
- 1 tablespoon Garlic paste (We Used Lacto Fermented Garlic cloves)
- 2 tablespoons tomato puree
- 1 teaspoon Garam Masala
- 1/2 cup Cider vinegar
- ½ a cooked Chicken, cut into reasonable sized lumps
- 2 tablespoons vegetable oil
- 1 medium onion (finely sliced)
- A tin of chopped Tomatoes
- 1 cup chicken stock
- The remaining Coriander from the fridge (I got rid of the soggy black bits ? but we are both still alive!)
- Oil
- Salt

Method:-

- (1) Heat a frying pan to hot but not smoking, add the cumin seeds, peppercorn, cardamom Pods. Constantly shaking the pan to prevent burning until the spices smell good.
- (2) Allow to cool.
- (3) In a Pestle and Mortar grind all those bits and bobs. Add a little Oil if needed.
- (4) Transfer everything to a large pan.
- (5) Fry the Onions and Garlic in a little Oil, until softened.
- (6) in your large pan dump everything excluding the Chicken and Coriander Bring to the boil and then allow to simmer.
- (7) Walk away, do a days work, sleep a little?..
- (8) Add the Chicken about 20 minutes before you intend to eat. Stir gently.

A bit of Rice, the Curry garnished excessively with Coriander and a few home made Onion Bhaji - sorted!