

star of india



Recipe: Chicken Jalfrezi

Ingredients: 2 chicken breast fillets, cubed
4 cloves of garlic
½" ginger root
10 whole Green chillies
2 large green peppers
4 red tomatoes (chopped)
3 onions, (finely chopped)
2 cloves
6 green cardamoms
½" cinnamon stick
20ml vegetable oil
1 tbsp mixed curry powder
½ tbsp red chilli powder
3 bay leaves
fresh coriander plant
dry methi leaves
salt to taste



- Method:**
1. Heat the vegetable oil in a sauce pan and fry the chicken until golden brown then place the chicken on a plate to cool. Leave the oil in the pan.
 2. Add the chopped onions, two cloves of garlic, one sliced green pepper, two tomatoes, garlic, ginger, bay leaves, ginger, cardamoms, cloves and five green chillies in the same sauce pan in the oil in which the chicken was fried.
 3. Add two branches of coriander and salt to taste, leave on slow fry for 10 minutes.
 4. Add 250ml of water, cover and simmer over a low heat for 20 minutes. By this time some of the ingredients will have caramelised and the others will be softened.
 5. Chop the remaining cloves of garlic and add to the pan with the mixed curry powder and the red chilli powder.
 6. Stir thoroughly, cover and simmer for a further 10 minutes.
 7. Add the remaining sliced green peppers and green chillies and simmer for a further 5 minutes or until they have softened.
 8. Add the remaining tomatoes cut into quarters and two more branches of coriander leaves cut finely and stir.
 9. Cover and simmer for a further 10 minutes.
 10. Serve and enjoy your jalfrezi

Serves: 4 persons

Please do not hesitate to consult with our Executive Chef!