



RECIPE

INDIAN FIJIAN CHICKEN CURRY

Ingredients

- 1 kg chicken – use chicken thigh or chicken marylands (*chicken leg and thigh joined – have it halved at the butcher*)
- Olive oil – 3 tbl
- A strand of curry leaves
- 1 small piece ginger, grated or finely chopped
- 1 tsp turmeric
- Masala (*to taste*)
- Salt (*to taste*)
- 1 tin crushed tomatoes or fresh tomatoes, diced



- Tamarind paste – 1 tsp (*you will find tamarind paste in Asian Grocery stores*)
- Chopped carrots and/or potatoes – 2 cups
- 1-2 chillies – remove seeds
- Chopped coriander, to garnish

Whole spices:

- 1 piece cinnamon
- 5 cardamom pods
- 1 tsp cumin seeds
- 1 tsp black mustard seeds

Cooking time:
~40 minutes

Prep time:
10 - 15 minutes

Serves:
5 - 6 people



Method

- **Heat the oil** Heat olive oil in a large pan; preferably over low to medium heat. Add the cinnamon and cardamom.
- **Add whole spices** Add cumin seeds, mustard seeds, and curry leaves. Stir until the spices start to pop.
- **Add turmeric** Add turmeric and stir briefly. Be careful not to burn it.
- **Add tomatoes** Add crushed or fresh tomatoes. Cook for 1–2 minutes until slightly thickened.
- **Add chicken** Add the chicken, masala, salt, and ginger. Stir well so the chicken is coated in the spice mixture.
- **Add vegetables and chillies** Add carrots, potatoes and the chillies. Cover and cook on medium heat.
- **Cook and stir** Stir occasionally to prevent sticking. Let the chicken release its juices.
- **Add water and tamarind** When the mixture starts to stick slightly, stir and add 1 cup of water. Add tamarind paste. Taste and adjust salt if needed.
- **Simmer** Lower the heat and continue cooking until the meat starts to loosen from the bones.
- **Finish** Taste, then turn off the heat. Garnish with chopped coriander.



To Serve

Serve hot with rice or roti, and a side of salad or raita. Raita is a yoghurt-based dish combined with grated carrot, cucumber, crushed cumin and chopped coriander.

Feast of Cultures brings multicultural community members together to share stories, celebrate culture, and connect over a meal.

These recipes have been generously compiled and provided by people of Multicultural background living in and around Mt. Alexander Shire.



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