

Chicken Korma

Ingredients

For the Chicken Marinade:

- 3 Pounds boneless skinless chicken breasts (or thighs)
- 2 Teaspoons extra virgin olive oil
- 2 Teaspoons garam masala
- 2 Teaspoons curry powder
- 1/2 Teaspoon salt
- 1/2 Teaspoon freshly ground black pepper

For the Sauce:

- 2 White onions, peeled and chopped
- 6 Cloves garlic, peeled (or 1 tablespoon of diced garlic)
- 4 Teaspoons curry powder
- 2 Teaspoons turmeric
- 2 Teaspoons garam masala
- 1 Teaspoon ground coriander seed
- 1 Teaspoon salt
- 1 Teaspoon black pepper
- 1/2 Teaspoon cinnamon
- 1/2 Teaspoon cumin
- 1/4 Teaspoon ground cardamom
- 1/8 Teaspoon freshly grated nutmeg (or nutmeg powder)
- 3 Tablespoons extra virgin olive oil
- 3 Large tomatoes (diced) or 2 cans of diced tomatoes or 1 large can of tomato puree
- 1 Tablespoon freshly grated ginger root
- 1/2 Cup ground cashews (or 1/2 cup cashew butter)
- 1 Can unsweetened coconut milk
- 1.5 Cups plain low-fat yogurt
- 1/2 Small red chili, de-seeded and minced (dried or fresh) or 1/4 teaspoon of red pepper or 1 teaspoon of chili powder
- 1 Tablespoon brown sugar, packed (Optional)

Instructions:

Drizzle the chicken with the oil and sprinkle on the garam masala, curry powder, salt and pepper. Rub into the meat and cover, leaving to marinate for at least 2 hours or overnight.

Heat a grill pan over medium-high heat. Grill the chicken for 5-6 minutes per side, until cooked through or bake on 350 for 30-40 minutes.

Saute the onions and garlic in 3 tablespoons of oil and add to 1 cup of coconut milk in the bowl of a blender. Puree until smooth. If no blender is available skip this puree step.

Measure out the spices into a small bowl.

In a large saucepan combine the pureed onion mixture, coconut milk, tomatoes (or tomato puree) and heat for several minutes, stirring regularly, until hot. Add the cashews and stir. If using cashew butter, stir until dissolved.

Add all remaining spices and stir until dissolved. Add any remaining coconut milk, yogurt, and brown sugar. Stir well.

Turn the heat down to low and simmer and add the chicken. If using breasts cut the chicken into bite-sized pieces. If using thighs, they can be used whole or cut into pieces. Simmer for an additional 5 - 10 minutes. Serve with steamed basmati rice and/or naan.