

## Chicken Chettinad Recipe

**Ingredients:** Serves 4-6

1kg chicken thigh fillets, cut into 1-inch pieces  
½ cup (125ml) buttermilk  
⅔ cup (150ml) vegetable oil and melted unsalted butter combined  
1-inch cinnamon stick  
3 green cardamom pods, cracked  
3 whole cloves  
1 teaspoon powdered asafoetida  
5 yellow (brown) onions, chopped  
2½ tablespoons crushed fresh ginger  
2½ tablespoons crushed garlic  
3-4 teaspoons chili powder  
2½ tablespoons ground coriander  
4 teaspoons ground turmeric  
salt to taste  
8 tomatoes, chopped  
1 cup (45g) chopped fresh cilantro (coriander)  
2 tablespoons crushed black peppercorns  
18 fresh curry leaves  
steamed basmati rice

### Method:

In a glass or ceramic bowl, combine chicken and buttermilk, and mix well. Place in refrigerator to marinate while preparing sauce. In a large, heavy saucepan or karhai, heat oil and butter mixture over medium heat. Add cinnamon, cardamom and cloves and cook until fragrant, about 30 seconds. Immediately stir in asafoetida, then add onions. Cook onions, uncovered, stirring often, until dark golden brown, 10-15 minutes. Add ginger and garlic and cook, stirring, for 1 minute. Add chili powder, coriander, turmeric and salt to taste, and stir until fragrant, about 1 minute. Add tomatoes and cook, uncovered, stirring occasionally, until tomatoes soften and sauce thickens slightly, 10-15 minutes. Stir in chicken and buttermilk and cook, stirring often, until chicken is cooked through, 5-10 minutes. Add cilantro, peppercorns and curry leaves and mix well. Serve with steamed rice.

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