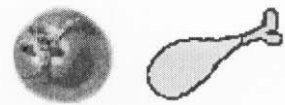


Syrum Recipe:<http://www.syrum.com/cgi/online/serve.cgi/recipes/inc/nrcpc41.tdf>**Indian Non - Vegetarian Recipes**

Balti Chicken Curry (Balti Murg)



Balti cooking is a very popular and all-time favorite way of cooking in the U.K. A simple stir-fry method of cooking using a wok (kadhai) to make a quick and sumptuous Indian curry. In this recipe, chicken pieces are stir-fried with whole spices, onions, tomatoes and yoghurt.

Change number of people to automatically recalculate ingredient amounts and cooking times.

Serves: 4**Cooking time (approx.): 28 minutes****Style: Indian Non-Vegetarian**

- 2 tablespoon(s) oil
- 2 onions(s) finely sliced
- 2 tomato(es) sliced
- 4 teaspoon(s) green chillies finely chopped
- 1 teaspoon(s) each ginger and garlic paste
- 1 cinnamon stick(s) of 1"(each)
- 2 black cardamoms (badi elaichi)
- 4 black peppercorns
- ½ teaspoon(s) black cumin seeds (shahi jeera)
- 1 teaspoon(s) red chilli powder
- ½ teaspoon(s) hot spice mix (garam masala) powder
- 8 medium pieces (about 800 grams) of chicken
- 2 tablespoon(s) tomato puree
- salt to taste
- 2 tablespoon(s) thick yoghurt beaten till smooth
- 2 teaspoon(s) lemon juice
- finely chopped fresh coriander to garnish

*1/2 κουταλάκι ζαίχαρη
βουταει τα κρεμμύδια να γίνουν
στο σπιντορά να να παραγεμιστούν.*

1. Heat the oil in a wok (kadhai) and fry the onion slices for about 4 minutes or till golden brown. Add the tomatoes, green chillies, ginger and garlic pastes. Saute briefly.
2. Add the next six ingredients and saute for about 4 minutes.
3. Add the chicken pieces and fry well for about 5 minutes such that the spice flavors permeated through the chicken.
4. Add the tomato puree and salt to taste. Reduce the heat and add the yoghurt stirring briskly to avoid curdling. Cover with a tight fitting lid and simmer for about 15 minutes (stir once mid-way) or till the chicken is tender and the gravy is thick. Stir in the lemon juice. Serve hot garnished with coriander leaves.