Chicken in Red Pepper Sauce

Ingredients

900g/2lbs pounds skinless boneless chicken breast or thigh, cut into pieces. A whole (1.5kg) chicken will be fine as the bones can be used for stock.
1 large onion, peeled and coarsely chopped
2cm piece fresh ginger, peeled and coarsely chopped
4 cloves garlic, peeled
2 Romano (sweet) Red peppers peeled and de-seeded, chopped
1 tablespoon ground cumin
2 teaspoons ground coriander
1/2 teaspoon ground turmeric
1/4 - 1/2 teaspoon cayenne pepper
1 teaspoon of salt
½ teaspoon of ground black pepper
25g ground almonds
250ml water or chicken stock
2 tablespoons lemon juice
7 tbsp sunflower oil (preferably cold pressed)

This is based on a Madhur Jaffery recipe

Method

Combine onions, ginger, garlic, red pepper, cumin, coriander, turmeric, cayenne (increase the cayenne for more heat if you like it hot!), salt and pepper in a food processor or blender. Process it until everything you have a paste.

If you have cut up a whole chicken then boil the carcass and bones in a litre of water to make a stock. if not water will do.

Heat a large pan over medium-high heat and add the oil. When hot, pour in the mixture from the blender all at once. Reduce the heat and stir gently and fry for about 10 minutes until you can see the oil forming tiny bubbles round it, the mix will thicken slightly. Don't allow the paste to catch or burn on the bottom of the pan.

Add the diced chicken to the pan with the stock or water and lemon juice. Stir to mix, bring to a boil and cover. Reduce the heat to low and simmer gently for about 25 minutes or until the chicken is tender. You can thicken the sauce by adding the ground almonds. If you want to leave the sauce on the thin side then you can omit them. Taste for seasoning and add more pepper/salt if required.

Stir and serve hot with plain rice and naan bread. Garnish with coriander.

Other Information

Serves 4

Preparation time – 1 hour

Cooking time – 40 minutes