



Vindaloo Recipe

- **2** skinless chicken breasts
- **1** medium onion
- **3** tbsp groundnut oil
- **1"** thumb ginger
- **3 cloves** garlic
- **1 tsp** mustard seeds
- **½ tsp** coriander seeds
- **1 tsp** cumin seeds
- **1 tsp** fenugreek seeds (optional)
- **¾ tsp** salt
- **1** tbsp red wine vinegar
- **6** hot chillis (you can buy the chillis from any supermarket)
- **1** tomato
- **25g** fresh coriander (small bunch)
- **125 ml** water

Chop the chicken breasts into roughly 1 to 2" cube

Peel and roughly chop the onion. Get 2 tablespoons of the oil good and hot in a frying pan over a high heat and fry the onions until they go properly brown. They provide the unusual colour and flavour; you are looking to almost burn them they should be that brown. Once they are browned drain them of any excess oil and put them to one side.

Peel and roughly chop the garlic and ginger. Roughly chop the chillis (seeds and all) and the tomato. Put the caramelised onions, garlic, ginger, chillis, tomato, mustard seeds, coriander seeds, cumin seeds, fenugreek seeds (you can leave these out if you can't find them), salt and red wine vinegar in a blender and whizz them up until you have a thick but smooth paste.

Put the diced chicken in a non-metallic bowl and thoroughly coat it in the paste. Leave it for a minimum of 30 minutes (and upto 4 hours).

When you're ready to cook get the remainder of the oil hot over a medium heat in a wide pan. Put the chicken and all the marinade in the pan and stir fry for a few minutes.

Add enough water to make a thick gravy and turn the heat right down. Leave to cook for approximately 15 minutes.

Finally, finely chop the fresh coriander and put it in the pan. Turn the heat up fiercely for another 1 or two minutes to drive off any excess liquid and wilt the coriander leaves and then serve.