



JERNEJ KITCHEN

CHICKEN KORMA

Creamy, mildly spicy and incredibly delicious.

SERVES	4	PEOPLE
PREPARATION:	20	MINUTES
COOK:	20	MINUTES

KORMA PASTE

- 2 tsp turmeric
- pinch of cayenne pepper
- 1 tsp coriander seeds
- 1 tsp sweet paprika
- 1/2 tsp ground ginger
- 1 tsp cumin seeds
- 2 tsp garam masala
- 3 cloves of garlic
- 1 fresh green chilli
- 1 thumb-sized piece of ginger
- 1 lemon, unwaxed
- 2 tbsp sesame oil (or any other nut oil)
- 1 tbsp ground almonds
- 1 tbsp coconut flour
- 1 handful of fresh coriander

CHICKEN KORMA

- 2 large onions
- 1 thumb-sized piece of ginger
- 1/2 green chilli
- 2 cloves of garlic

TOAST THE SPICES

Put the turmeric, cayenne pepper, coriander, sweet paprika, ground ginger, cumin and garam masala into a small pan and toast for 2 minutes to get a beautiful smell and flavor. Set aside until needed.

KORMA PASTE

Peel the garlic and ginger, finely slice both. Wash the chilli and finely slice it. Put them all into a pestle and mortar or into a blender. Finely grate in the zest of 1 lemon, squeeze in all its juice, add sesame oil and 1 teaspoon of salt. Smash or blend all the ingredients into a paste. Add the toasted spices, ground almonds, coconut flour and a handful of fresh coriander. Smash or blend again. Set aside until needed.

CHICKEN KORMA

Peel the onions, ginger and cloves of garlic, then finely slice them all. Wash the chilli and finely slice it. Place a large casserole pan on a low heat with a tablespoon of coconut oil, add the onions, ginger, garlic and chili. Fry for about 15 minutes, stirring occasionally.

CHICKEN MARINADE

Cut the chicken thighs into 1cm chunks. Place them into a large bowl, season with salt and black pepper. Add a teaspoon of turmeric, 2 tablespoons of natural yogurt and 1 tablespoon of sesame oil, then massage all that flavour into the meat.

CHICKEN KORMA

Now that the onions, garlic, ginger and chili are lovely and soft, add the korma paste into a casserole pan and fry for another 5 minutes, stirring occasionally. Add chunks of chicken thighs, increase the heat and fry for another 5 minutes. Add the coconut milk and 200ml of boiling water. Cover with a lid,

1 tbsp coconut oil

800 g boneless and skinless chicken thighs

150 g coconut milk

CHICKEN MARINADE

1 tsp ground turmeric

2 tbsp natural yogurt

1 tbsp sesame oil (or any other nut oil)

lower the temperature and simmer over low heat for 25 - 30 minutes.

SERVE

Season to perfection with salt and black pepper and serve with basmati rice, natural yogurt and coriander leaves.

TOOLS AND EQUIPEMENT Sponsored

small pan

pestle and mortar / blender

large casserole pan with a lid

kitchen knife

cutting board

grater

large bowl