

Rosalie's Chicken And Yoghurt Curry

For me this is close to a perfect recipe – straightforward but delicious. It comes from my sister-in-law. For her it is a standby recipe for all sorts of occasions. Passed onto her years ago in Singapore by an Indian chef, the method can be used as the basis for other types of curries.

There are three basic steps:

- Fry the onion and garlic.
- Make a yoghurt and curry slurry.
- Add this to the sautéed onion, cook gently, then add the chicken.

Don't overdo the curry or spice flavours as more can be added later to fine tune the flavours – better less than too much in the initial stages. The yoghurt gives the curry a lovely tang. You can make it an hour before dinner is served, or make it hours or, better still, the day before, to develop the flavours. Reheat as required.

As with any curry, you can use homemade curry sauces and seasonings or bought ones. While homemade generally provides a better result, both will produce a lovely meal.

The water is important, otherwise the curry can be too strong and thick.

It makes plenty of sauce for the rice. Keep the leftover sauce to have with plain rice or use it to build a second simple curry with new ingredients such as parboiled vegetables or fish or prawns.

Serve with steamed rice, chutneys and a simple salad (see below).

Ingredients for six people

- one medium-large chicken, in 8 or more pieces (skin on, fat trimmed) or use chicken pieces
- 2 tbsp ghee (or mixture of butter and peanut or olive oil)
- 1 large onion, chopped
- 4 cloves garlic, minced
- 2.5 cm ginger finely chopped
- (optional: 1 fresh chilli, chopped)
- 500 ml plain, full-cream yoghurt
- 2 tbsp Indian curry paste, homemade or bought (e.g. Rogan Josh, Madras) or equivalent in curry powders
- 1 tsp Keen's curry powder
- dashes of some or all of the following, to taste:
 - salt and pepper
 - turmeric, 5cm cinnamon stick (or 1/3 tsp cinnamon powder), five spice powder, cumin, coriander (crushed seeds or powder), chilli powder
- water to just cover

- to serve:
 - steamed rice
 - mango or other chutneys
 - salad of diced cucumber, tomato, onion (and capsicum), salt and pepper and lemon juice.

Method for the curry

In a large saucepan, fry the onion, garlic and ginger until softened but not burnt.

In a bowl, make a sloppy slurry from the yoghurt, curry paste and spices and add to the onions and cook for a few minutes until integrated and warmed through.

Add the chicken pieces and add just enough water to barely cover. Cook gently for 30 to 40 minutes until done. Adjust flavours. Preferably, set aside and reheat when required.

Serve with plenty of rice and accompaniments.

Variations:

- *Add chunks of apple or par-cooked potatoes or sweet potato to the curry, allowing time for them to cook through.*
- *Try the recipe with just vegetables, e.g. cauliflower or capsicum.*
- *Try meats such as duck breast or tender lamb, pork or beef but they will need flash cooking beforehand.*
- *Try the base recipe with fish or seafood: use prawns or fish or scallops, but adding just before serving and only cooking very briefly in the sauce.*

Photos

The slurry:



The curry:



Serve with rice, a simple salad and condiments:

