



Chicken Curry with Yogurt, Cilantro, and Zucchini

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Gather and prepare all of your ingredients before you begin. Garlic and ginger may be pureed by hand or in a minichop food processor. If pureeing by hand, follow the Quick Tip linked below. If using a minichopper, process the garlic and ginger with one to two tablespoons of water until pureed. You may substitute a scant half teaspoon of cayenne pepper for the jalapeño, adding it to the skillet with the other ground dried spices. Feel free to increase the wet (garlic, ginger, jalapeños, and onions) or dry spice quantities. Serve the curry with basmati rice.

Serves 4 to 6

Whole Spice Blend

- 1 1/2 cinnamon sticks (*3-inches each*)
- 4 whole cloves
- 4 green cardamom pods
- 8 black peppercorns
- 1 bay leaf

Curry

- 1/4 cup vegetable oil (*or canola oil*)
- 1 medium onion , *sliced thin*
- 4 large cloves garlic , *pureed*
- 1 1/2 inch piece fresh ginger , *peeled and pureed*
- 6 chicken thighs , *skinned*
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon ground turmeric
- 1/2 teaspoon table salt , *plus more to taste*
- 1/2 cup plain low-fat yogurt
- 1 cup chopped fresh cilantro leaves
- 1 jalapeño chile , *stemmed and cut in half through the stem end*
- 4 medium zucchini , *cut into 1/2-inch cubes*
- 2 tablespoons chopped fresh cilantro leaves

1. Heat oil in large deep skillet or soup kettle, preferably nonstick, over medium-high heat until hot, but not smoking. Add whole spice blend to oil and cook, stirring with wooden spoon until cinnamon stick unfurls and cloves pop, about 5 seconds. Add onion to skillet; sauté until golden brown, 5 to 7 minutes.
2. Stir in garlic, ginger, chicken, ground spices, 1/2 teaspoon of salt, and yogurt; cook, stirring almost constantly, until liquid evaporates, oil separates and turns orange, and spices begin to fry, 5 to 7 minutes, depending on skillet or kettle size. Continue to cook, stirring constantly, until spices smell cooked, about 30 seconds longer.
3. Stir in cilantro. Add 2 cups water and jalapeño and season with salt; bring to simmer. Reduce heat; cover and simmer until meat is tender, 20 to 30 minutes.
4. Add zucchini; cook until tender, about 15 minutes. Stir in cilantro. Simmer 3 minutes longer and serve.

STEP BY STEP: Six Steps to Aromatic Curry



1. Cook the whole spices in the oil until the cinnamon sticks unfurl and the cloves pop, about 5 seconds.



2. Add the onion to the oil and sautÇ it until it is soft and translucent, until browned, or until fully caramelized, depending on the individual curry.



3. Add the spices, salt, tomatoes or yogurt, and the chicken, meat, or fish.



4. Cook until the oil separates, then continue to cook until the oil turns orange, about 5 minutes longer.



5. Add the water and cook until the meat is almost tender, about 20 to 30 minutes for the chicken or 30 to 40 minutes for the meat.



6. Add the vegetables and cook until both the meat and vegetables are fully tender, about 15 minutes longer.