

CULTURE DAYS

Chicken Karahi Pakistani Culture

Chicken karahi is a delicious curry dish and what makes a curry is the use of dried spices, using dried spices really helps concentrate the flavour and adds depth to each bite.

Pakistani cuisine is a unique combination of Indian, Afghan, and European influences. This popular dish is an easy way to bring a little bit of Pakistan into your home and into your taste buds!

Ingredients:

Bone in, skin off chicken - 1 kg

Vegetable oil

Ripened tomatoes 4 to 5

Fresh coriander

Garlic 4 cloves

Fresh Ginger ½ inch

Salt to taste

Red chili powder - 2 teaspoon

Turmeric - 1 teaspoon

Cumin powder - 1 teaspoon

Butter - 1/3 cup

Tools: Karahi is the correct name for the type of pan that dish is usually made in. It is like wok, but with a flatter base and steeper sides. If you don't have karahi at home, you can make this dish using regular pan or wok.



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Chicken Karahi cont.

Instructions:

In Iron wok, add 1 cup of oil, turn the heat to medium- high and warm the oil. Then add chicken and sauté for 5 minutes as the colour starts to change add salt and turmeric. Give a little stir then add fresh crushed ginger and garlic. Keep stirring and fry for 5-7 minutes until the outside begin to brown.

Add red chili powder and cumin powder give a little stir. After that, add 4 whole ripe tomatoes. Turn the heat low and cover the pot for 15 minutes. This builds up the steam inside and gives the tomatoes time to soften. After 15 minutes remove the tomatoes skins and mash all the tomatoes.

It will look like lots of water and having a runny consistency. Turn the heat medium-high and let all the water evaporate until you can see the oil start coming from the sides.

Keep stirring it until you see all the oil comes up. At this time, turn the heat low, add fresh coriander, 1/3 cup of butter and julienned cut ginger. Cover the pot and turn off the heat.

Serve with rice, roti or naan!