



Campaigning for people to "Season with Sense"



GARY MACLEAN'S PESHWARI CHICKEN CURRY WITH NAAN BREAD

 **Prep: 25 minutes**

 **Cook: 2 hours**

 **Serves: 4**

INGREDIENTS:

- 4tbsp Good oil
- 1 Cinnamon stick
- 4 Green cardamom pods
- 4 Cloves
- 1 Bay leaf
- 1kg Chicken thighs
- 1 large Onion, sliced

METHOD:

1. Preheat the oven to 130°C / gas mark 1.
2. Heat oil in an oven-proof pan over a low heat. Add the cinnamon, cardamom, cloves and bay leaf and let sizzle for 25-30 seconds.
3. Add the chicken thighs and increase the heat to medium-high. Cook until the meat begins to brown and all the natural juices have evaporated.
4. Add the onion and cook to a light golden colour for 4-5 minutes. Add the ginger and garlic, cooking for a further 30 seconds then add the tomato puree, turmeric, coriander, cumin and **LoSalt** - cook the spices out for 3-4 minutes.
5. Whisk together the yoghurt, gram flour and the chilli powder and add to the meat.
6. Reduce the heat to low, add the stock, check for seasoning, cover and transfer to the oven cooking for approx. 1 ½ - 2 hours until the meat is tender

- 50g Ginger, chopped or grated
- 4 cloves Garlic, pureed
- 50g Tomato puree
- 1 tsp Ground turmeric
- 1 tsp Ground coriander
- 1 tsp Ground cumin
- ¼ tsp **LoSalt**
- 170g Greek yogurt
- 4tsp Gram flour
- 1tsp Chilli powder
- 175ml Stock, a quality bullion would work for this
- Small bunch Mint leaves (shredded)
- Small bunch Coriander leaves (shredded)

Naan Bread

Prep: 15 mins plus proving time

Cook: 10 mins

- 350g Self-rising flour
- 1 ½ tsp Sugar
- 1 tsp **LoSalt**
- 7g Dried yeast
- 140ml Milk
- 140 ml Natural yoghurt
- Butter for cooking

7. Once tender stir in the fresh mint and the coriander.

Naan Bread

1. Sieve flour, sugar and **LoSalt** together.
2. Dissolve yeast in the milk then stir in yoghurt.
3. Add the wet ingredients to the dry ingredients, to form a dough.
4. Knead until smooth then cover and prove until doubled in size.
5. Remove from the bowl and knock out all the air and knead until smooth.
6. Divide mix into golf ball sized pieces and roll into the classic tear drop shape.
7. In a warmed, non-stick frying pan brushed with butter, add naan bread dough. Colour lightly, then flip over and colour on the other side.
8. Once all coloured, place into a hot oven for 2-3 minutes.