

# Bengali Curry

## Ingredients:

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Spices Used: [mc\_spicesused]

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## Ingredients:

10-12 pieces of chicken (legs, thighs or drumsticks or boneless thighs), skin removed

Salt & pepper

## For sauce

2-3 TBL butter or oil

1 TBL Bengali Panch Phoron

1 large onion, finely chopped

1-2 tsp Moghul Curry

1-380ml can tomato sauce or puree

1/2 -3/4 cup water

1 tsp salt, or to taste

1 cup whipping cream

3 TBL fresh cilantro, chopped

**Spices Used:** Bengali Panch

PhoronMoghul Curry

**4 Servings**

**Prep Time: 20-30 mins**

**Cook Time: 1-2 hours**

## Instructions:

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## Instructions:

1 - Remove skin from the chicken. Sprinkle with salt, pepper. Grill chicken on BBQ over medium low heat until almost done (10-15 minutes). (Alternatively, add olive oil to a sauté pan and fry chicken pieces over medium heat until almost done.)

2 - Heat oil or butter in a medium pot on medium heat. Add Bengali Panch Phoron. Bloom spices in oil for 1-2 minutes until fragrant and popping.

3 - Add onions and Sauté medium-low heat until soft (10-15 minutes).

4 - Add Moghul Curry and tomato sauce or puree, and half the water and salt. Bring to a boil. Lower heat and simmer 10 minutes.

5 - At this point you can whirl the sauce with a hand blender or regular blender to make it smooth or leave it a bit textured with the whole spices. You can also cool and freeze it.

6 - Add the chicken stirring to coat with the sauce, slowly bring to a boil. Reduce heat and simmer covered until chicken is tender about 30-45 minutes. (20-30 minutes for boneless chicken)

7 - Remove lid and reduce sauce or add more water according to desired consistency.

8 - Just before serving, add whipping cream. Stir and simmer until heated through. Adjust seasoning and garnish with fresh cilantro.

9 - Serve with rice or chapati