

# Hey Maria!

with  
CHEF  
MARIA  
RUPENA



## Episode 8

### TASTE OF INDIA: CHICKEN CURRY, VEGETABLE RICE

#### South Indian Chicken Curry

dry spices 1 tsp each - cumin, fennel seeds, cardamoms, whole pepper, cloves and few cinnamon sticks.  
3lbs boneless chicken .  
2tsp olive oil .  
1 large onion chopped.  
2 tomatoes pureed.  
2-4 cloves garlic and 1 inch cube of gingerroot.  
1cup chopped cilantro.  
1 tbsp lemon juice.  
1/2 cup yoghurt.  
1/2 tbsp salt.  
1tsp tumeric powder  
1 tbsp chilli powder  
1tbsp coriander powder  
1/2 cup coconut milk.

Roast the dry spices in small pan and grind it using a spice or coffee grinder. In a bowl whisk together yoghurt , lemon juice, salt , tumeric, chili, coriander and dry spices and add the chicken and marinate it the bowl for 30 min. Grind ginger and garlic in a food processor. Heat oil in a pan and sauté onions, ginger and garlic and then add the chicken with the marinade and saute for 15 min ,then add coconut milk, tomato puree ,1/2 cup water and let the chicken cook for 30 min on medium heat. Sprinkle with chopped cilantro.

#### Vegetable Rice

2cups basmati rice  
4 cups water  
2 tbsp oil  
1 tbsp salt  
1 large onion  
1tsp cumin seeds  
1/2 tbsp ginger and garlic paste.  
diced or chopped vegetables of your choice.  
1/2 cup fresh cilantro.

Cook rice in a rice cooker (2cups rice and four cups water ). Heat oil in pan and add cumin seeds. Then add onions, ginger, garlic and sauté for 5 min. Add the vegetables, salt and then the cooked rice. Sprinkle fresh cilantro to garnish.

**Yoghurt Sauce**

In a bowl whisk 1 cup of yoghurt and add grated cucumbers ,finely chopped onions,salt and pepper and garnish with fresh cilantro.

**About Rupena's Fine Foods**

[www.rupenas.com](http://www.rupenas.com)

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