

Chicken and Apricot Masala

This recipe demands little effort and delivers a huge amount of flavor.

Ingredients:

1cup dried apricots
½teaspoon hot red pepper flakes
1teaspoon ground cumin
1teaspoon ground coriander
4cloves
4cardamom pods, lightly crushed
1tablespoon minced garlic
1tablespoon minced ginger

¼cup peanut oil
1cinnamon stick
2onions, peeled and finely chopped
1teaspoon salt
3pounds boneless, skinless chicken thighs, diced
4medium tomatoes, cut into ½-inch dice
2tablespoons tomato paste, diluted in ½ cup water
3tablespoons chopped cilantro leaves

Directions:

Soak apricots overnight in 2 cups cold water, or cover with 2 cups hot water and soak until swollen and softened, 2 to 3 hours. Prepare masala: In a small bowl, combine hot pepper flakes, cumin, coriander, cloves, cardamom, garlic and ginger. Add ¼ cup water, and stir to make a paste. Set aside.

In a large sauté pan over medium heat, heat oil and cinnamon stick. Add onions and salt, and sauté until onions begin to soften, 2 to 3 minutes. Add masala, and stir. Add chicken, and stir for about 5 minutes. Add apricots and their soaking liquid, diced tomatoes and diluted tomato paste.

Cover and simmer until chicken is cooked through, about 30 minutes. Check cooking liquid about halfway through; if chicken is covered with liquid, remove cover for remainder of cooking. Transfer to a large bowl, sprinkle with cilantro and serve hot.



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