



Season 9 - Episode 912

Indian Recipes

Chicken Curry

Serves 4

2 Tablespoons oil

1 cup chopped celery

2 Tablespoons canned curry paste (You can find canned curry in the supermarket)

4 chicken breasts

1 cup chopped sweet potatoes

1 can cubed pineapple chunks

Salt and pepper

Rice

1. Heat 2 T. oil in large sauce pan.
2. Add 1 cup chopped celery and 2 T. canned curry paste. Stir well.
3. To the sauce, add 4 cut up chicken breasts. Brown 10 minutes.
4. Add 1 cup chopped sweet potatoes and 1 can cubed pineapple chunks.
5. Add salt and pepper to taste. Simmer for 30 minutes. Adjust seasonings to you taste.
6. Serve over hot rice.

Matter Paneer (paneer with peas)

8oz - Paneer cubes (light cheese or tofu as substitute)
1 ½ lb - Peas (frozen, or if they are fresh, get the small, sweet variety)
3 Tbsp - Mix of ghee (clarified butter) and oil
2 large Onions - finely chopped
3 Tbsp - Fresh garlic Paste
3 Tbsp - Fresh ginger Paste
Salt - to taste
1 ½ Tsp - Jeera powder (cumin)
1 Tsp - Tumeric
1 Tsp - Chili powder
1 Tsp - Garam Masala
1 Tsp - Jeera seeds (cumin)
2 Fresh chilies – optional
1 cup - Canned Tomatoes – finely chopped
1 Tbsp - Tomato puree
2 small cinnamon sticks – optional
¼ cup Fresh chopped coriander (cilantro) – to garnish oil – to deep fry

1. Cut the paneer (cheese) into small cubes and fry on medium heat. Drain onto paper towels.
2. In heavy saucepan add the butter/oil and gently heat. Add the sticks of cinnamon to the butter/oil. When hot add the cumin seeds and let them pop. Now add the ginger, garlic and onions.
3. Sauté on medium heat until garlic and onions are soft.
4. Add the chili powder, Garam masala, Tumeric powder, salt, Cumin powder, tomatoes, tomato puree and the fresh chilies.
5. Let this mixture cook until all the ingredients have blended together into a runny paste.
6. Add the peas and let it simmer, if you find that there is not enough gravy you can add a little bit more water or some tomato juice from tinned tomatoes.
7. Assemble the peas in the gravy, add the fried paneer cubes and let them simmer for a further 5 to 6 minutes.
8. Garnish with the fresh coriander and serve hot with naan bread or parathas.

Garam masala is a dry spice mixture, which is used throughout India and in parts of Asia. In India, masala refers to any type of spice, while garam implies heat or warmth: garam masala means “hot spice”.

