



Saugus TV What's Cookin with Mona

Karahi Chicken (16 ingredients)

(you may also make with other proteins, such as beef, chickpeas, etc.)

- 2 pounds chicken (we used boneless skinless chicken breast and cut into about 1 inch bite size pieces)
- handful of cilantro (wash, remove stems, and chop and can omit if do not like cilantro)
- 3 medium sized tomatoes (we used plum, wash and dice)
- 1 cup tomato puree
- 1 long hot chilli pepper (wash and chop)
- 3 ozs oil (we used canola, you can use any, like olive, corn, vegetable, etc)
- 4 inches fresh ginger (wash, peel off skin, and grind)
- 8 cloves fresh garlic (wash, cut ends, and grind)
- 1 to 2oz water (use to help grind the garlic and ginger)
- 1.5 teaspoon salt (use an amount you are used to)
- 1 teaspoon cumin powder
- 1 teaspoon garam masala
- 1 teaspoon coriander powder
- 1 teaspoon dried fenugreek (crush with hands while putting into pot)

- 1/2 teaspoon red chilli powder (use less if don't want too much heat)
- 1/2 teaspoon turmeric

Put everything into the pot, except the cilantro, cover and cook on medium to high heat for about 20 to 25 minutes, stirring occasionally, until the sauce reduces. Towards the end you can remove the cover and can add some more oil if desired, stir for about 2 minutes while the oil starts to separate and mix in cilantro too, then enjoy!

Basmati Rice: (3 ingredients)

I typically use a 1 to 1 ratio, one cup of basmati rice to one cup of water

- 4 cups basmati rice (wash rice about two three times before placing in pot)
- 4 cups water
- 1 oz oil

Stir the rice once in the pot, mostly cover the pot and cook on medium to high heat for about 10 mins or until water evaporates. Then lower the heat to low and cover the pot completely and cook for another 10 minutes. When ready, fluff rice with a fork and then enjoy!

Any questions, please let me know, happy to answer any questions on the dish, method, ingredients, etc!