

LanCook 

LanCook loves Chicken
Methi Malai



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This Indian-English fusion dish is popular all across Great Britain and India. Of all the spices added to the dish it is dried fenugreek leaves (Urdu/Hindi: Methi) that makes the greatest contribution to the characteristic flavour of the dish. The dish is representative of Indian/English fusion cooking where Indian dishes have become popular in the UK and have been amended to suit the British taste buds .

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Chicken methi malai

Ingredients:	Ginger paste	Coriander leaves
2 chicken breasts	Coriander powder	Plain yogurt
Turmeric powder	Garlic paste	2 onions
Bay leaves	Cardamom pods	Vegetable oil
Kasoori methi	Fresh coriander	Garam masala

1. First, cut the chicken into 12 medium sized pieces
2. Now slice 2 onions and place them in a bowl
3. Next, chop two chillies into small pieces
4. Next up chop the coriander leaves
5. Add 1 teaspoon of garam masala to a bowl
6. Now, add one teaspoon of turmeric powder to a bowl
7. Place 2 bayleaves in a bowl
8. Now, add two tablespoons of kasoori methi to a bowl
9. Now, crush 5 cardamom pods and place them in a bowl
10. Next, measure out one cup of yogurt
11. Next, place the pan on the hob and gently heat up 2 tablespoons of oil
12. Add the crushed cardamom and bayleaves to the pan
13. Fry these ingredients until they start to crackle
14. Next, add the onions and stir all these ingredients until they become soft,
15. Now , add the ginger and garlic paste to the pan and stir
16. Now, add the turmeric powder and coriander powder to the plan and stir
17. Next, add the green chillies to the pan
18. Add the chicken pieces to the plan, increase the heat to seal the chicken
19. Now add the yogurt to the pan
20. Now cover the pan with the lid and simmer on a low heat for 10 minutes
21. Next, add the kassori methi and garam masala to the pan
22. At the end, garnish with coriander leaves