

CHICKEN KORMA

Ingredients

2 cloves of garlic

A thumb-sized piece of fresh root ginger

½ teaspoon cayenne pepper

1 teaspoon garam masala

½ teaspoon sea salt

2 tablespoons groundnut oil

1 tablespoon tomato purée

2 fresh green chillies

3 tablespoons desiccated coconut

2 tablespoons ground almonds

a small bunch of fresh coriander

2 teaspoons cumin seeds

1 teaspoon coriander seeds

Method

Whiz all the ingredients in a food processor.

Bash the toasting spices in a mortar & pestle before adding them.

Add a can of chopped tomatoes and a tin of coconut milk too.

Then put the sliced chicken fillet pieces, an onion, 2 peppers, some mushrooms in the slow cooker.

Cover with the above sauce and cook on low for 8 hours. Add cream (optional)

