



# Cooking Instructions

## Rogan Josh - Chicken

### Larder Essentials

Chicken 125g-175g per person  
100ml stock per person  
100g chopped plum tomatoes (tinned) per person  
Natural or Plain Yoghurt  
Salt  
½ medium onion per person  
Basmati Rice

### Optional

Small new potatoes  
Cherry Tomatoes

### Garnish

Coriander leaves,  
2 red chillies

### Kit Contents

Sachets of Rogan Josh paste,  
Palm Sugar,  
Coconut block,  
Dried chilli flakes,  
Spice Pack.

### Introduction

This is a mild to medium curry but you can make it as hot as you like. Once you have seasoned the curry according to the instructions below, the final cooking timing for when the curry is ready just depends on when the chicken is cooked and how thick you want the sauce to be. Test the largest piece of chicken by cutting in half to check it is cooked all the way through.

I use chicken thighs for slicing and chicken breasts for cutting into cubes. The weight of chicken per person in the shopping list is only a guide as I tend to use 2 thighs or 1 breast per person but I do get them from my local butcher as they tend to be bigger and better.

### Preparation

1. Cut chicken into similar size slices or cubes.
2. Slice the onions.
3. Make 100ml stock per person.
4. Measure out 100g chopped tomatoes per person.
5. If adding new potatoes, parboil and cut in half when cooled.
6. If adding cherry tomatoes, slice them in half.
7. Measure out (use the packet quantity advice as a guide) and wash the rice. – if using a Mister Paste rice seasoning kit, refer to its cooking instructions.

**Optional Garnish when serving:** Pick a few stems of coriander with leaves. Slice the fresh red chillies in half lengthways and de-seed without removing from the stalk.

### Method

1. Start cooking your rice.
2. Heat 3 tablespoons oil on a low to medium in a pan, add the contents of the Spice Pack (be careful, it might spit back) and let them sizzle gently until fragrant.
3. Place sliced onions in the oil and gently fry until brown.
4. Add the paste and chicken to the pan and gently simmer for 5 minutes, stirring regularly.
5. Add the chopped tomatoes, coconut block and stock, bring to the boil for a minute then reduce heat and simmer for a further 5 minutes.
6. Cover the pan, reduce the heat and simmer until the sauce has almost dried out.
7. **OPTIONAL:** Either stir in 3 tablespoons of yoghurt, one at a time, and stir each one into the sauce completely before adding the next spoonful so there is less chance of the yoghurt splitting or you can put a spoon of yoghurt on the curry when serving.
8. Add enough boiling water to cover the chicken and stir.
9. Season the curry for saltiness, sweetness and spice heat.
  - 9.1. Salt test. Add a good pinch of salt, stir and taste. Repeat until you get a hint of saltiness.
  - 9.2. Sweet test. Add a portion of palm sugar, stir and taste. Repeat until you get a hint of sweetness.
  - 9.3. Spice test. Add some of the chilli flakes, stir and allow to simmer for 2 minutes. Taste and repeat until it reaches your preferred level of heat.
10. If using parboiled potatoes and/or tomatoes, add them now.
11. Bring to the boil for a minute and then lower heat to a simmer. Test to see if the chicken is cooked, if not then repeat and add a little water if necessary to keep the sauce loose but not runny.
12. Stir in a few chopped coriander leaves and transfer to a serving bowl.
13. Garnish with a few stems of coriander with leaves and fresh red chillies (optional).
14. Serve with rice.