



Cooking Instructions

Vindaloo – Chicken

Larder Essentials

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

Optional

Small new potatoes
Cherry Tomatoes

Garnish

Coriander leaves,
2 red chillies

Kit Contents

Sachets of Marinade,
Base sauce,
dried chilli flakes,
coconut cream block,
cinnamon stick,
palm sugar.

Introduction

Once you have seasoned the curry according to the instructions below, the final 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. 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 and place in a shallow dish with the marinade and stir, cover the dish and refrigerate for an hour (or longer).
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.

Garnish when serving (optional): Pick a few coriander leaves. Slice the fresh red chillies in half lengthways and de-seed without removing from the stalk.

Method

1. Start cooking your rice.
2. Gently heat 3 tablespoons oil in a pan and add the cinnamon stick.
3. Place sliced onions in the oil and gently fry until brown.
4. Add the Base Sauce to the pan and gently simmer for 5 minutes, stirring regularly.
5. Add the chicken with its marinade, chopped tomatoes (100g per person), creamed coconut block and stock.
6. Cover the pan, reduce the heat and simmer for about 10 minutes.
7. If using parboiled potatoes and/or tomatoes, add them now.
8. Add a cup of boiling water to the pan, bring to the boil and then lower heat back to a simmer.
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. Test to see if the chicken is cooked, if not, simmer a little longer then repeat, adding a little water if necessary to keep the sauce loose but not watery.
11. When the ready to serve, remove the cinnamon stick and garnish with chopped coriander leaves and sliced fresh chillies.
12. Serve with rice.