



CHICKEN CURRY

Preparation time: Less than 30 minutes

Cooking time: 1 – 1 ½ hours

Skill level: Easy!

INGREDIENTS

FOR THE PASTE:

- 1 large red onion (chopped)
- 4 cloves of garlic
- 1 thumb-sized piece of ginger, chopped (approx. 40g)
- 150ml water

FOR THE SPICES:

- 2 teaspoons of ground coriander
- 1 teaspoon of ground cumin
- 1 teaspoon of turmeric
- ¼ teaspoon dried chilli flakes (vary to your liking)
- 4 cardamom pods (remove seeds from pod)

FOR THE SAUCE:

- 400g can chopped tomatoes plus a can of water
- 1 large tablespoon of malt extract
- 375g diced chicken

METHOD

Place all the paste ingredients (apart from water) in a blender and blitz until smooth, then add the water and blitz again. Pour the contents in to a large saucepan, cover with a lid and cook on a low heat for 15 minutes to reduce the liquid into a fragrant paste. Next, stir in the spices and cook gently for 2 minutes to release their flavours. Next add the can of chopped tomatoes along with the water and malt extract and stir. Bring to the boil then simmer with the lid on for about 30 minutes. Add the chicken and simmer gently again for around 30 minutes with the lid removed. Serve with fluffy basmati rice, poppadums and naan bread.



Muntons make more than just malt. For example, Muntons are Europe's largest homebrew manufacturer, making beer and wine making kits that can be found in specialist homebrew shops, online and through some high street retailers.

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YOU
KNOW?**



MALT...

the undiscovered ingredient

Using these recipe cards we will try to show you how this fascinating ingredient can bring improvements to virtually all of your cooking. In addition to the recipe featured, why not try adding a dessert spoonful of malt extract to any sauce you make; into your gravy or try using malt extract in place of half of the sugar called for in your baking recipes. We know you will be surprised by the difference this can make.

Malt extract works brilliantly in this curry, not only reducing the acidity of the tomatoes, but improving the body and consistency of the sauce, making the curry less watery – much easier to mop up with your naan bread. To our surprise it also coaxed more flavour from the spices making them seem livelier.

For this recipe you will need to have a jar of malt extract to hand. Malt is made from barley, a cereal grown extensively in our region; it is made by sprouting the barley just enough to allow natural enzymes to be developed in the barley that can convert starch into sugar. At Muntons our malt extract is made by adding just water and heat – nothing else. We crush our malt and soak this in hot water to encourage the natural enzymes to convert the barley starch into sugars and then boil this to drive off most of the water leaving the sticky glossy syrup that you spoon from the jar. Jars of malt are available from health food shops and pharmacists.

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