

Chicken Dupiaza Recipe

Spice:	Difficulty:	Total:	Prep:	Cook:
Mild	Serves Easy	25	5	20
1-2		mins	mins	mins

Dupiaza literally translates to ‘two onions’, so if you like onion then this is the perfect curry for you. Made with large, roasted chunks of onion and smaller bhuna style onions, this is a simple but tasty curry.

Ingredients

3 tablespoons (45ml) **vegetable oil**

1 medium **onion** (100g) peeled and sliced into large chunks

½ **green pepper** sliced into large chunks

Part 2: For the curry

3 tablespoons (45ml) **vegetable oil**

1 teaspoon (10g) **garlic paste**

1 medium (100g) **onion** peeled and finely sliced

1 teaspoon (7g) **salt**

½ teaspoon (1g) **kasoori methi**

1 teaspoon (3g) **BIR mix powder**

2 tablespoons (30g) **BIR tomato paste**

half **fresh tomato** chopped into chunks

150g **precooked chicken**

200g **BIR base gravy** (100g gravy diluted with 100ml water & heated)

handful of chopped **fresh coriander**

Scorch the onions & peppers

- 1 Heat a frying pan on a medium high heat and add 3 tablespoons (45ml) vegetable oil.
- 2 Fry the large chunks of onion and peppers and cook on a medium heat for 5 minutes until they start blistering.
- 3 Remove the onions and peppers from the pan and keep to one side.

Cook the curry

- 1 In the same pan on a medium high heat add 3 tablespoons (45ml) vegetable oil.
- 2 Stir in the garlic paste for around 10 seconds.
- 3 Add the finely sliced onion, salt and kasoori methi stirring occasionally and cook for around 5 to 10 minutes until translucent and completely softened.
- 4 Stir in the BIR mix powder for 10 seconds.
- 5 Add the tomato paste and fresh tomato and stir for 30 seconds.
- 6 Add the pre-cooked chicken and stir for around 1 minute coating all the chicken pieces with the sauce.
- 7 Return the pre-cooked onion and pepper chunks to the pan and stir.

- 8 Pour in half of the base gravy (100g) and cook on a high heat for around 2 minutes whilst occasionally stirring. Scrape off any dried sauce on the edges back into the pan.
- 9 Add the remaining gravy (100g) and cook on a high heat until the sauce boils rapidly.
- 10 Turn down to a low heat and simmer for another 5 minutes stirring occasionally until the sauce thickens completely and the oil starts to separate. Add the coriander and stir through.

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