

Chicken Karahi Recipe

Spice:	Difficulty:	Total:	Prep:	Cook:
Medium	Serves Easy	35	10	25
1-2		mins		mins

A karahi is the metal wok style dish that this curry is traditionally cooked in, however in most BIR kitchens this dish is cooked in a frying pan. A medium to hot dish with onions and peppers in a rich thick sauce.

Ingredients

3 tablespoons (45ml) vegetable oil

½ medium onion (50g) peeled and sliced into chunks

¼ green pepper sliced into chunks

¼ red pepper sliced into chunks

Part 2: For the curry

3 tablespoons (45ml) vegetable oil

1 teaspoon (10g) garlic paste

1 teaspoon (10g) ginger paste

1 medium (100g) onion peeled and finely sliced

½ teaspoon (4g) salt

½ teaspoon (1g) kasoori methi

1 teaspoon (3g) BIR mix powder

½ teaspoon (2g) hot chilli powder

2 tablespoons (30g) BIR tomato paste

1½ teaspoon (10g) BIR masala 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 chunks of onion and peppers 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 and ginger paste and cook for around 10 seconds.
- 3 Add the finely sliced onion, salt and kasoori methi. Cook for 5 to 10 minutes stirring occasionally until translucent and completely softened.
- 4 Stir in the BIR mix powder and hot chilli powder for 10 seconds.
- 5 Add the tomato paste and stir for 30 seconds.
- 6 Add the masala paste and fresh tomato and stir for 30 seconds.
- 7 Add the pre-cooked chicken and stir for around 1 minute coating all the chicken pieces with the sauce.

- 8 Return the pre-cooked onion and pepper chunks to the pan and stir.
- 9 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 sides back into the pan.
- 10 Add the remaining gravy (100g) and cook on a high heat for 1 minute until the sauce boils rapidly.
- 11 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.
- 12 Add the coriander and stir through.
- 13 Turn the heat back up to full and cook for around 30 seconds so that the curry just starts to stick to the sides of the pan, scrape any dried curry back into the pan and serve.

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