



THE INTERNATIONAL
CULINARY SCHOOLS
at The Art Institutes

Chicken Korma, Kashmiri Style

Cuisine of India

Birthplace of civilizations, cradle of religions, it is still home to almost a quarter of the world's people. India has dominated the world stage through most of human history, as the home of mighty empires, as a powerful trading nation, and as a wellspring of culture and civilization. The state of Kashmir sits in the north on the country where there is an abundance of fresh seasonal fruits and vegetables. Korma is a style of braising where thick liquids are made from yogurts, creams and purees. The spices are plentiful and the dishes are usually hot and spicy.

Amount	Ingredient
2	Chicken Breasts, skin removed, medium dice
4	Garlic cloves, minced
2 tablespoons	Fresh ginger, minced
2 tablespoons	Vegetable oil
1 ½ cups	Onions, cut in half lengthwise, then finely sliced
2 tablespoons	Ghee (clarified butter)
2 inch	Cinnamon stick
6	Cardamom pods
6	Cloves
1 teaspoon	Fennel seeds, ground
1 tablespoon	Sweet paprika, Cumin, Turmeric
1 teaspoon	Cumin
½ teaspoon	Cayenne pepper
2 teaspoons	Salt
1 ½ cups	Tomatoes, peeled, seeded, small dice
¼ cup	Chicken stock or water
1 cup	Plain yogurt, plain
As needed	Cilantro sprigs for garnish

Procedure

1. Remove skin and cut each breast into medium dice.
2. Using a mortar and pestle with a little water, make paste with the garlic and ginger.
3. Heat oil over medium heat; add onion and cook, stirring often, until deep golden, about 5 minutes. Remove from pan and set aside.
4. Add butter or ghee to pan and when hot add the ginger-garlic paste. Cook, stirring, until the mixture is fragrant and light brown, 2 to 3 minutes. Add cinnamon cardamom pods, and cloves; stir for a few seconds. Add remaining dry spices and cook, stirring until the mixture takes on an orange-red color and becomes fragrant, about 30 seconds.
5. Add chicken pieces and sear to light golden, about 3 minutes.
6. Add tomatoes with chicken stock and cook, stirring occasionally until tomatoes are very soft, 6 to 8 minutes.
7. Whisk in the yogurt and stir to combine. Add reserved onions, bring to a boil, and reduce to a simmer. Cook, covered, until chicken is tender, approximately 5 minutes.
8. Serve the chicken pieces covered with sauce and garnished with cilantro.