

## Vij Family's Chicken Curry

*(From Vij's Elegant & Inspired Indian Cuisine by Vikram Vij & Meeru Dhalwala)*

### Ingredients

- ½ cup canola oil
- 2 cups finely chopped onions (2 large)
- 3 inch stick of cinnamon
- 3 Tbsp finely chopped garlic
- 2 Tbsp chopped ginger
- 2 cups chopped tomatoes (2 large)
- 1 Tbsp salt
- ½ tsp ground black pepper
- 1 tsp turmeric
- 1 Tbsp ground cumin
- 1 Tbsp ground coriander
- 1 Tbsp garam masala
- ½ tsp ground cayenne pepper
- 3 lbs chicken thighs, bone in
- 1 cup sour cream, stirred
- 2 cups water
- ½ cup chopped cilantro (including stems)

Serves 6

### Preparation

In a large pan, heat oil on medium heat for 1 minute. Add onions and cinnamon, and sauté for another 4 minutes. Add ginger, tomatoes, salt, black pepper, turmeric, cumin, coriander, garam masala and cayenne. Cook this masala for 5 minutes, or until the oil separates from the masala.

Remove and discard skin from the chicken thighs. Wash thighs and add to the masala. Stir well. Cook chicken thighs for 10 minutes, until the chicken looks cooked on the outside. Add sour cream and water and stir well. Increase the heat to medium-high. When curry starts to boil, reduce the heat to medium, cover and cook for 15 minutes, stirring 2 or 3 times, until chicken is completely cooked. Poke the thighs with a knife. If the meat is still pink, cook for 5 more minutes. Remove and discard the cinnamon stick. Cool curry for at least half an hour.

Transfer cooled chicken to a mixing bowl. Peel chicken meat off the bones. Discard bones and stir chicken back into the curry. Just before serving, heat curry on medium heat until it starts to boil lightly. Stir in cilantro.

**To Serve:** Divide curry evenly among six bowls. Serve with naan or rice.

**Wine:** A Spanish Tempranillo with good fruit and balanced tannins is a great pairing.