



Chicken Rogan Josh

This dish is big on flavour and made with budget friendly chicken. The chicken is cooked in a rich and spicy sauce, with added yoghurt for extra creaminess and soft, buttery naan breads on the side.

Serves 4

INGREDIENTS

For the yoghurt naan

300 g (625 ml) cake flour
2.5 ml (½ tsp) fine salt
7 g instant yeast
30 ml (2 tbsp) butter, melted and cooled
30 ml (2 tbsp) warm water
200 ml full cream plain yoghurt
extra flour, for dusting
30 ml (2 tbsp) butter, melted for frying and brushing

For the rogan josh

30 ml (2 tbsp) butter
8 chicken thighs (about 1 kg)

salt and pepper, to season
1 medium onion, finely diced
5 ml (1 tsp) ground cardamom
2.5 ml (½ tsp) ground cinnamon
1.25 ml (¼ tsp) ground cloves
10 ml (2 tsp) paprika
10 ml (2 tsp) ground cumin
10 ml (2 tsp) ground coriander
5 ml (1 tsp) garam masala
2.5 ml (½ tsp) cayenne pepper
2 cloves garlic, minced
2 tsp crushed ginger
1 x 400 g tin tomato puree
250 ml (1 cup) chicken stock
100 ml full cream plain yoghurt
fresh coriander, to garnish

METHOD

1. Start by preparing the naan dough. Mix the flour and salt in a bowl. Stir in the yeast. Add the butter, water and yoghurt and mix into a dough. Add a few extra drops of water if needed and bring together with your hands. Tip onto a floured surface and knead for 5-10 minutes or until the dough is stretchy and smooth. Place in a lightly oiled bowl, cover and leave to rise in a warm place for one hour.
2. To prepare the rogan josh melt 1 tablespoon of butter in a deep frying pan. Season the chicken thighs with salt and pepper and cook for a few minutes per side until browned and crispy. Remove and set aside.
3. Melt the remaining tablespoon of butter in the same pan. Add the onion and cook over a medium heat for 2-3 minutes to soften. Add the dry spices and cook for a minute. Add the garlic and ginger and cook for further minute.
4. Add the tomato puree and chicken stock to the pan. Stir and season. Add the chicken back in and allow to simmer for 30 minutes, until the chicken is cooked through and the sauce has thickened. Remove the chicken pieces and stir the yoghurt into the curry. Add the chicken back into the pan and heat through. Check the seasoning.
5. While the chicken is simmering prepare the naan breads. Divide the naan dough into eight equal pieces. On a floured surface roll each into an oval 4mm thick. Brush a frying pan with a little melted butter.
6. Place two pieces of dough in the pan and cover with a lid. Cook over a high heat for 2 minutes or until puffed up and golden on the base. Flip the breads over, cover and cook for a further 2-3 minutes. Wrap in a clean tea towel while you cook the remaining breads.
7. Brush the naan breads with some extra butter (optional). Garnish the curry with coriander and serve with the warm naan breads.



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