

Kozhy Curry - Chicken In Pepper Sauce

CHICKEN IN PEPPER SAUCE can be a potent dish if using fresh peppercorns from Kerala, as they have a smoky, acrid flavor. Peppercorns enliven what could easily be a bland chicken dish. Until the 1600s, before chilies arrived from the New World, crushed peppercorns were the only source of pungency that spiced up Kerala cuisine. This dish is a tribute to the time when pepper grew wild in the forests of Kerala and was known as black gold. CHICKEN IN PEPPER SAUCE can be eaten with any of the rice dishes, vegetable dishes, or a green salad.

Ingredients (To serve 4)

- Skinned chicken breasts - 1 lb / 450 gm
- Onion - 1
- Ginger - 1-inch / 2.5-cm piece
- Garlic cloves - 4
- Peppercorns - 1 tbsp
- Medium tomatoes - 2
- Olive oil - 3 tbsp
- Turmeric powder - ¼ tsp
- Salt - 1 tsp
- Coriander leaves - 2 tbsp

Nutrition Information (per serving) %DV

Calories	248	12 %
Carbohydrates	7 gm	2 %
Protein	28 gm	56 %
Fat	12 gm	18 %
Cholesterol	66 mg	22 %
Sodium	689 mg	29 %
Fiber	2 gm	8 %
Calcium	37 mg	4 %
Iron	2 mg	11 %

Utensils

- Medium pan with a lid
- Spice grinder

Preparation (10-15 minutes)

1. Wash and cut the chicken into small bite-size pieces.
2. Peel and mince the onion.
3. Peel and mince the ginger and garlic.
4. Grind the peppercorns in the spice grinder.
5. Chop the tomatoes into small chunks.
6. Wash the coriander leaves.

Cooking (25 minutes)

1. Heat the oil in the pan over high heat.
2. Add the chopped onions to the hot oil and sauté them until golden brown.
3. Add the ginger and garlic and stir-fry until the garlic is golden brown.
4. Add the turmeric powder, ground pepper, tomato chunks, and salt.
5. Stir until the tomato is soft.
6. Add the chicken pieces to the pan and coat with the spice mixture.
7. Reduce heat to medium, and add about ½ cup of water.
8. Cover the pan. Cook, stirring occasionally until the chicken is done (about 20 minutes). If the chicken is not cooked and begins sticking to the pan, add a little water as needed and continue until cooked (knife cuts easily through pieces when done).
9. Season and decorate with coriander leaves.

Serve: Hot.