

Chicken Korma

(this can be adapted with green beans and peas for vegetarians)

3 Tbsp vegetable oil (or you could use coconut oil)
1-in cinnamon stick
3 cloves
2 bay leaves
3 cardamom pods, crushed
2 onions, chopped
1 tsp ground coriander
 $\frac{1}{2}$ tsp ground turmeric
 $\frac{1}{2}$ tsp chili powder
2 tsp tomato paste
1 $\frac{1}{2}$ lb chicken, chopped
pinch of black pepper
salt
1 $\frac{1}{4}$ oz cashew nuts, ground with water to make paste (or use presoaked cashews, blended to make paste)
cilantro leaves to garnish

****ginger garlic paste****

1-in fresh ginger root
4 cloves garlic

- To make spice paste, put ginger, garlic and a bit of water in a food processor or blender. Set aside.
- Heat oil in large pan. Add cinnamon, cloves, bay leaves and crushed cardamom and sauté for 2 minutes. Add onions and cook until onions are soft.
- Add ginger paste, coriander, turmeric, chili powder and tomato paste. Mix well and cook on low for 5 minutes. Stir in chicken, black pepper, salt to taste and $\frac{2}{3}$ cup water. Bring to a boil, then cover and simmer 15-20 minutes or until chicken is well cooked.
- Add cashew paste and blend well. Simmer 3 minutes. Serve with cilantro