

COOKERY CLUB WITH THOMAS FRANKS

FEBRUARY: CHICKEN

Ingredients

Onion x1

Vegetable oil

Ground cumin

Ground coriander

Garam masala

Chilli powder

Garlic 1-2 cloves

Diced chicken 300 grams

Chopped tomatoes x1 tin

Tomato puree

Rice 100 grams

Water

Equipment

Oven Trays

Pans X 2

Chef Knife

Chopping Boards

J Cloths

Cling film

Sieve

Measuring jug

Spoons x 2

Instructions

1. Dice onions & chop garlic and leave to one side.
2. Heat a pan and add oil, onions and cook until soft.
3. Add Coriander powder & Cumin powder and stir for a minute, then add garlic plus chilli powder leaving for a further minute.
4. Add Chopped tomatoes and tomato puree and leave to simmer.
5. Heat another pan with oil and add chicken and seal. Once sealed add the chicken to the sauce and leave to simmer until cooked the chicken should be above 75c before serving.
6. Add the garam masala and stir in.
7. Add rice to a pan and then add cold water cover to double the amount of rice adding salt.