

Buckingham International Recipes

Herbert

August 26, 2004

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1 European Recipes

1.1 Croustade Jurassienne by Rosemarie

Ingredients

- Puff-pastry (one packet, thin slices if possible)
- Ham (200g)
- Mushrooms (200g)
- Ground Emmenthaler Cheese (100g)
- Crème Fraîche ($\frac{1}{4}$ l)
- Eggs (4)

Spices

- Salt and Pepper
- Garlic (optionally, one clove)

Procedure

1. Distribute the *puff pastry* for the ground, make a bit thicker to the sides.
2. Distribute the ham and mushrooms onto the *puff pastry*.
3. Mix the Crème Fraîche, eggs, cheese, salt, pepper (plus garlic) in a bowl and then pour it on top of the ham and mushrooms.
4. Bake for 40..45 minutes at 200 deg Celsius.

1.2 Pesto for Pasta by Unknown

Ingredients

- Fresh Basil leaves (50g)
- Garlic (2 cloves)
- Pine-Nut kernels (2 cooking spoons)

Spices

- Pepper
- Parmesan cheese (50g)
- Olive oil (100ml)

Procedure

1. Put all except for the cheese into a mixer and produce a creamy paste.
2. Add the cheese and mix well.
3. If necessary add some spices.

Notes

The Pesto can be stored in the fridge in a closed box for up to 2 weeks.

1.3 Turkey and potatoes by Herbert

Ingredients

- Turkey steaks (flat if possible)
- Potatoes
- Vegetables, preferably broccoli (or peas and carrots)

Spices

- Garlic (1..2 cloves)
- Onion (one half or less)
- Dry white wine
- White and black pepper
- Salt
- Lemon juice (a few drops)
- Oil for frying

Procedure

1. Peel and cook the potatoes.
2. Wash and cook the broccoli.
3. Prepare the pan with the garlic. For this heat it, add some oil and press a half clove of garlic into the hot oil for the whole pan inside.
4. Cut the onion into small pieces and fry until slightly brown.
5. Crush the garlic into the pan and fry for a little while.
6. Add the turkey steak and fry evenly adding some salt and pepper to both sides.
7. When the turkey is cooked add some white wine until there is enough liquid in the pan to have a sauce.

Notes

Easy to prepare, but for the tastyness some experience is needed. Be careful not to overcook the broccoli.

1.4 Asparagus, traditional, northern German by Herbert

Ingredients

- Asparagus (best between early May and late June)
- Potatoes
- Smoked Ham
- Butter

Spices

- Salt
- Sugar

Procedure

1. Peel the potatoes and cook them with some salt for about 20 minutes.
2. Peel the Asparagus and cook it with some salt and a little bit of sugar for about 12 minutes.
3. Cut the ham into small pieces and serve it in a bowl.
4. Heat the butter and serve it in a bowl.

1.5 Bacon Balls by Gisela

Ingredients

- Curd (250g)
- Plain flour (250g)
- Butter (200g)
- Ham cut into small cubes (250g)
- Baking powder ($\frac{1}{2}$ bag)

Procedure

1. Melt the butter (e.g. in a microwave oven).
2. Mix all but the flour and baking powder.
3. Now add flour and baking powder, adding flour until the dough is stiff enough to keep shape.
4. Roll dough to balls of about 3cm (or whatever else preferred) size .
5. Bake at 200 degree Celsius for about 20 minutes (may take longer in some ovens).

Notes

Easy to prepare, nice side dish on parties.

1.6 Spinach and fried egg, traditional by Herbert

Ingredients

- Spinach
- Eggs
- Potatoes

Spices

- Salt

Procedure

1. Peel the potatoes and cook them with some salt for about 20 minutes.
2. Cook the spinach for about 4 minutes.
3. Fry the eggs.

1.7 Green salad by Georgi

Ingredients

- Green Salad
- Cucumbers
- Radishes
- Additional vegetables (e.g. tomato)
- Vinegar
- Olive Oil

Procedure

1. Cut the green salad into very small pieces. To accomplish this take bunches of leaves, roll them, and cut off slices.
2. Squeeze the green salad very hard until there is a lot of juice in the bowl.
3. Cut the other vegetables and add them.
4. Add some vinegar and olive oil.

1.8 Layer Salad by Gisela

Use a large bowl, and put these ingredients (list given from bottom to top) in layers:

- Celery (1 small glass)
- Sweetcorn (1 small can)
- Small pineapple pieces (1 small can)
- Ham (6 slices)
- Apple in small pieces (2..3)
- Cooked eggs in cubes (5)
- Miracle Whip, preferably with yoghurt (1 big glass), mixed with the juice from the pineapple pieces, pour on top
- Leek in small pieces (1 big)
- Ground Gouda cheese (500g)

Leave the mixture in the fridge for about 2 days before serving.

1.9 Kiwi Dessert by Gisela

Ingredients

- Kiwi fruits (5)
- White wine ($\frac{1}{4}l$)
- Starch (40g)
- Apple Juice ($\frac{1}{4}l$)
- Sugar (70g)
- Orange peel
- Vanilla ($\frac{1}{2}$ pod)
- Blue Curacao (1 glass)

Procedure

1. Chop the Kiwi fruits to small pieces
2. Put together 3 table spoons of white wine and mix with the starch
3. Put the rest of the wine, the apple juice, sugar, orange peel and vanilla on heat until just boiling, then add the wine / starch mixture
4. Add the curacao
5. Put $\frac{2}{3}$ of the Kiwis into a mixer to produce a creamy paste
6. Mix all of the above

Notes

This can be eaten together with a sauce of sour cream (1), Egg liqueur (4 table spoons) and some vanilla sugar.

1.10 German Bread by Gisela

Ingredients

- Rye flour (350g)
- Brown wheat flour (350g)
- White wheat flour (300g)

- Salt (3 tea spoons)
- Instant sourdough (1 packet)
- Dry yeast (1 packet)
- Olive oil (2..3 table spoons)
- Different seeds (to taste, e.g. sesame, sunflower, pumpkin)
- Bruised grain (to taste, may replace some of the flour)
- Honey (half table spoon)

Spices

- Optimal choice: German bread spice (1..2 table spoons)
- If not available, try mixing ground coreander, caraway, aniseed

Procedure

Preparing the Dough

1. Mix 750..800cl warm water with the honey.
2. Put all the other ingredients into a large bowl and blend them well. I suggest not using all the seeds though since they are very nice on top of the bread, too.
3. Add the water and start kneading. The dough should feel rather hard than soft. It may be very sticky, but that's OK. I suggest only to do the first two minutes of kneading by hand, but this may not really be terribly important.
4. Cover the bowl with a towel and leave it in a cool place for several hours (over the night if possible). A fridge is OK if there is no cool room available.

Baking the Bread

1. Briefly knead the dough again and check its consistence.
2. Put the dough into baking pans (two regular sized ones should be enough), I suggest using baking paper for easier removal of the bread after baking.
3. Cover the baking pans with towels and leave them in a warm place for 1.25 hours. If no such room is available, a very gently heated (50 degrees) oven does the job, too. To get a nice crust you may cut some rifts into the top of the dough (take a look at bread from a bakery to get an idea what I mean).

4. Candle the oven to 250 degrees.
5. Put a flat dish with water into the bottom of the oven.
6. Remove the covers from the baking pans and place them on a baking tray in the middle of the oven.
7. After 15 minutes set the oven to 200 degrees.
8. The bread should be ready after an hour or more depending on the baking pans' size, check the bread's surface from time to time.

Notes

This is a base recipe for bread common in Germany. In the south people will typically use more spices (be sure to buy some bread spice mixes if you ever get there), in the north people like lots of different seeds. I prefer a mixture of both styles, and this keeps me alive while I'm in the UK where you can't buy proper bread anywhere!

2 Japanese Recipes

2.1 Marinated Sake-Chicken, from Herbert's books

Ingredients

- Chicken breast (500g)
- Japanese soy sauce (2 table spoonful)
- Lemon juice (2 table spoonful)
- Spring onion (1)
- Red pepper (one half small one)
- Rice

Spices

- Salt (1 tea spoonful)
- Ginger (1 piece of about 4cm)
- Sake (4 table spoonful)
- Mirin (1 table spoonful)
- Sesame oil (1 tea spoonful)

Procedure

1. Cut the ginger into long and thin sticks. To accomplish this first cut it into thin and round slices.
2. Cut the spring onion into diagonal slices.
3. Punch holes into the chicken using a fork, spread salt on it and put it into a bowl.
4. Add the ginger and pour lemon juice and sake into it. Leave it there for about 30 minutes.
5. Mix soy sauce, mirin, sesame oil and some of the spring onion slices for the sauce.
6. Peel the skin off the red pepper. Then cut it into thin sticks.

7. Steam the chicken for about 15..20 minutes until cooked. For this pour some water into a wok or pan, put a tripod into it, leave the chicken and the ginger on a plate or a piece of paper and cover the wok. You may add some of the marinade to the water (or add it to the sauce).
8. Cut the chicken into small pieces and arrange it with the ginger and the red pepper on a plate. Pour the sauce and the spring onion slices over it.
9. Arrange the chicken and the red pepper nicely on a plate and serve it with rice.

Notes

Very delicious and light, looks very good. The chicken can be eaten hot and cold.

2.2 Sesame-marinated Steak, from Herbert's books

Ingredients

- Sesame seed (2 table spoonful)
- Garlic (1 gl)
- Japanese Soy Sauce (2 table spoonful)
- Sake (1 table spoonful)
- Sugar (1 table spoonful)
- Steak (500g, cut into 4 pieces, alternatively turkey)
- Cooking oil (1 table spoonful)

Dip

- Spring onion (3)
- Ginger (4cm piece)
- Shichimi Togarashi ($\frac{1}{2}$ tea spoon)
- Japanese Soy Sauce (125ml)
- Instant dashi (2 tea spoon)
- Water (2 table spoonful)

Procedure

The dip

1. Cut the ginger into thin sticks. To accomplish this first cut it into thin and round slices.
2. Cut the spring onions into thin sticks.
3. Put the spring onions into a bowl of cold water and leave them in the fridge until they get curly.
4. Mix ginger, Shichimi Togarashi, soy sauce, dashi and water in a bowl and stir well.

The steak

1. Dry-fry the sesame seed at low temperature until brown and grind to powder.
2. Crush the garlic.
3. Mix sesame seed, garlic, soy sauce, sake and sugar in a bowl and stir well.
4. Pour the marinade over the steaks and leave them for at least 30 minutes.
5. Cover the steaks with a little oil and fry at high temperature each side for 4..6 minutes. Be careful not to overcook the steaks.
6. Leave for about 5 mintes, then cut into slices.
7. Arrange the slices on plates and pour a little bit of dip on them.
8. Decorate with the curly spring onion.
9. Serve with rice and the rest of the dip.

2.3 Oyako-Don, from Herbert's books

Ingredients

- Chicken breast (300g)
- Big onion (1)
- Dashi (200ml)
- sugar ($4\frac{1}{2}$ table spoonful)
- Japanese soy sauce (4 table spoonful)
- Mirin, rice wine (2 table spoonful)
- Eggs (4)
- Peas (4 table spoonful)
- Rice

Procedure

1. Cut the chicken breast into diagonal pieces.
2. Heat onion, dashi, sugar, soy sauce and mirin in a pot. Whenn it starts cooking add the chicken pieces. Cook for 5 minutes.
3. Put the eggs into a bowl and mix well.
4. When the chicken is cooked put a fourth into a pan and add a fourth of the eggs. Cover the pan and wait for the egg to stock.

Notes

Easy to prepare, nice everyday meal.

2.4 Yakitori barbecue, from Herbert's books

Ingredients

- Chicken without bones
- Spring onions (plenty)
- Japanese Soy Sauce (2 table spoonful)
- Sake ($1\frac{1}{2}$ table spoonful)
- Sugar (90g)
- Shichimi
- Plain flour (1 table spoonful)
- Bamboo skewers

Procedure

1. Soak the bamboo sticks in water to avoid them burning on the barbecue.
2. Mix soy sauce, sugar, sake and plain flour in a pot and stir well. Cook while stirring. Reduce heat and cook for another 10 minutes until reduced by a third.
3. Meanwhile cut the spring onions into pieces of 3cm.
4. Cut the chicken into small pieces
5. Skewer chicken and spring onions up
6. Before and while barbecuing pour sauce over the skewers.

2.5 Spinach with Sesame Dressing, from Herbert's books

Ingredients

- Fresh spinach (300g)
- Sesame seeds (4 table spoons)
- Sugar ($\frac{2}{3}$ table spoon)
- Soy sauce ($1\frac{1}{2}$ table spoons)
- Katsuo dashi with konbu or katsuo dashi ($1\frac{1}{2}$ table spoons)

Procedure

1. Grind the sesame seeds in a mortar.
2. For the dressing, mix the sugar, soy sauce and dashi in a bowl.
3. Boil the spinach in ample water, stems first, for 2-3 minutes. Empty into a colander.
4. Fill a bowl with water and rinse the spinach under running water for 4-5 minutes to remove any acidness.
5. Squeeze out the excess moisture from the spinach. Cut off the ends and discard. Cut the remaining leaves into 3cm lengths.
6. Place the cut spinach in a bowl. Add the dressing, the ground sesame and toss.

3 Chinese Recipes

3.1 Fry Rice by Hongbo

Ingredients

- Cold Steamed Rice (1 lb)
- Eggs (2)

Spices

- Spring Onion (1)
- or Garlic (1 cl)
- Cooking Oil
- Salt

Procedure

1. Heat one and half table spoonfuls of cooking oil. Stir-fry the eggs into small pieces.
2. Cut the spring onion into small pieces or crush garlic into fine pieces. Heat about 2 table spoonfuls of cooking oil to very hot. Stir-fry the spring onion or the garlic a little, then add some salt. Add immediately the steamed rice, and start stir-frying until the rice is fully broken up. Then add the fried eggs, and stir-fry for another 3 or 4 mins.

Characteristics

Fresh taste of rice and egg flavoured with spring onion (garlic). A good way to cook leftover rice.

Notes

The steamed rice must be cold. Stir-fry the rice thoroughly with the eggs.

A lot of extras can be added, eg. stewed chicken, prawn, garden peas, etc. to make different varieties

3.2 Stir-fry Chicken with Cashew Nuts by Hongbo

Ingredients

- Chicken Breast(Without Skin) (1 lb)
- Cashew Nuts (4-5 oz)

Spices

- Dry Red Chilli (4 small, or 2 large)
- Light Soy Sauce (2 table spoonfuls)
- Dark Soy Sauce (2 table spoonfuls)
- Vinegar (1 table spoonful)
- Sugar (1 table spoonful)
- Sichuan Peppercorn (20 approx)
- Spring Onion (1)
- Ginger (about 3 grams)
- Garlic (1 gl)
- Chicken Stock (4 table spoonfuls)
- Cooking wine (1 table spoonful)
- Cornflour (half table spoonful)
- Cooking Oil (3 table spoonful)
- Sesame Oil

Procedure

1. Make deep cross cuts on the inner side of the chicken breast. Then cut into half inch small cubic pieces. Marinade with half spoonful of dark soy sauce, 1 spoonful of light soy sauce, and about half spoonful of dry cornflour.
2. Meanwhile, cut the dry chillies and the spring onion into small pieces. Chop the garlic and ginger into fine pieces. In a bowl, add the sugar, vinegar, the rest of the dark and light soy sauce and the cornflour, and the chicken stock (or clean water) to make the sauce.

3. Heat the wok and put about 1 table spoonful of cooking oil in. Keep the fire low and stir-fry the cashew nuts slowly till brown. Take the nuts out of the wok temporarily.
4. Heat the wok very hot. Add the cooking oil, then the dry chilli pieces and the Sichuan peppercorn. Then Add the marinated chicken cubes and stir quickly and evenly. Add the cooking wine, then the spring onion, ginger and garlic pieces. Stir a while, and then add the sauce. When the sauce starts to thicken, add the cashew nuts and stir well. Top up with a drop of sesame oil for good smell.

Characteristics

Rich and spicy. Slightly hot with a bit of sweet and sour. For good colouring, you could also add some green pepper into the ingredient list. A typical Sichuan dish. Hope you like it!

3.3 Sweet and Sour Pork by Hongbo

Ingredients

- Pork Soulder Steak (1 lb)
- Green Pepper (1)
- Plain Flour
- Egg White (1)
- Red Wine (half a cup)

Spices

- White Pepper Powder
- Garlic (2 cl)
- Ginger (5 grams)
- Cooking Oil
- Cooking Wine (1 spf)
- Light Soy Sauce (3 spf)
- Vinegar (5 spf)
- Sugar (3 spf)

- Cornflour (half spf)
- Sesame Oil

Procedure

1. Cut the soulder steak into 1 inch cubic pieces. Marinade with a pinch of salt and pepper, the red wine, and the egg white for 15 mins. Cut the green pepper into pieces about 1 inch. Chop the garlic and ginger very fine.
2. To make the cooking sauce, mix the vineger and sugar first, the the light soy sauce, then the cooking wine, and finally the cornflour. Add a dash of sesame oil into the sauce.
3. Coat the steak cubes with plain flour, and deep-fry them in hot cooking oil until brown.
4. Heat 3 spoonfuls of cooking oil in the wok. Add the garlic and ginger, then the green pepper, and stir-fry for a few seconds. Add the sauce and stir well. When the sauce starts to thicken, add the steak cubes and mix well. Add 2 spoonfuls of the cooked oil, stir a bit, and then put the dish into a plate. You could further decorate the dish with some coriander leaves.

Characteristics

Sweet and slightly sour, thick sauce with crispy pork. A typical Canton dish. Can be served directly with rice.

Notes

The balance of sweet and sour is critical. Do not heat the cooking oil too hot when deep-fry the steak cubes. Carry out step 4 of the procedure as quickly as possible.

You may improvise with the vegetables used, e.g. carrots in addition to the green peppers are just fine. I also use some spring onions together with the ginger and garlic.

3.4 Sichuan Flavour Chicken by Hongbo

Ingredients

- Chicken Breast (1 lb)

Spices

- Spring Onion (2)
- Ginger
- Sichuan Peppercorn (30)
- Sesame Seed (2 gram)
- Sugar (1 spf)
- Vinegar (1 spf)
- Light Soy Sauce (3 spf)
- Dark Soy Sauce (1 spf)
- Chili Power (1/4 spf)
- Cooking Oil (2 spf)
- Sesame Oil (quater spf)

Procedure

1. Boil the chicken with 1 whole spring onion and the ginger (slightly crushed) until just cooked. Cool the chicken down in the air (you may soak it in cold water).
2. Dry fry the Sichuan peppercorns and grind to powder. Dry fry and grind the sesame seed as well. Chop 1 whole spring onion to fine pieces. Properly mix the spring onion pieces, the ground pepper and sesame seeds and the chili powder in a bowl. Heat the cooking oil (very hot), and pour it into the bowl. Add the other spices and mix well.
3. Shred the chicken breast and arrange nicely into a plate. Add the sauce evenly on the Chicken.
4. When serve, mix the chicken properly with the sauce.

Characteristics

The Chicken is tender. The sauce has a variety of tastes which do not overcome each other. You taste a bit of sweet and sour first, followed by the sharp taste of sichuan peppercorns and chilli. A typical Sichuan cold dish known in China as "strange taste" chicken. Very popular starter.

Notes

Do not overcook the chicken.

3.5 Crispy Beef Shreds by Hongbo

Ingredients

- Beef Frying Steak (1lb)
- Carrots (3.4 oz)

Spices

- Spring Onion (1)
- Egg (1)
- Cooking Oil
- Plain Flour
- Salt
- White Pepper
- Cooking Wine
- Light Soy Sauce
- Cornflour
- Tomato Puree
- Sesame Oil
- Sugar

Procedure

1. Cut the beef steak, carrots and spring onion into 2 inch long thin shreds.
2. Marinade the beef shreds with some salt and pepper, one spoonful of cooking wine and the egg white for about 15 mins.

Meanwhile, mix 1 spoonful of cooking wine, 3 spoonfuls of light soy sauce, two spoonfuls of chicken stock or clean water, one and half spoonfuls of sugar, half spoonful of tomato puree and half spoonful of cornflour together to make the sauce. Add a drop of sesame oil.

3. Coat the beef shreds evenly with plain flour and deep fry them twice. The first time, the oil must be very hot and fry to separate the shreds. As soon as the colour of the shreds changes, take them out of the wok. The second time, keep the oil fairly hot but not too hot, and fry the shreds until they turn dark brown and crispy.
4. Stir-fry the carrots and spring onion shreds with one spoonful of cooking oil. Add the sauce. When the sauce starts to thicken, add the beef shreds and stir well. Use two spoonfuls of cooked oil to shine.

3.6 Stir-fry Broccoli with Ginger by Hongbo

Ingredients

- Broccoli (1 lb)

Spices

- Ginger (2 oz)
- Spring Onion (1)
- Salt
- Cooking Oil
- Cornflour
- Sesame Oil

Procedure

1. Clean and cut the broccoli into 1 inch segments. Cut the ginger into thin slices. Cut the spring onion into 1 inch segments.
2. Add 3 to 4 table spoonfuls of cooking oil into the hot wok, and heat it very hot. Add some salt, and then the spring onion and ginger. Stir a while. Then add the broccoli segments, and stir fry for about 3 to 4 mins. During the stir-frying, add some water if necessary to prevent the broccoli from being burned.
3. Mix half spoonful of cornflour with about 5 spoonfuls of water. Add into the wok when the broccoli pieces are cooked. Immediately stir and mix well. Add a drop of sesame oil.

Characteristics

Fresh taste of ginger with the crunchiness of broccoli. An ideal "side dish", served with other spicy dishes.

Notes

Add water bit by bit gradually during the stir-fry. Add a bit of sugar in the end if you want to bend the sharp taste of the ginger.

3.7 Stir-fry Flat Beans with Garlic by Hongbo

Ingredients

- Fresh Flat Beans (10 oz)
- Garlic (2 cloves)

Spices

- Salt
- Cooking Oil
- Light Soy Sauce
- Sugar

Procedure

1. Clean the flat beans and break them into 1 inch segments. Chop the garlic fine.
2. Put 2 spoonfuls of cooking oil into the hot wok. When the oil become hot, add the garlic, some salt and then the flat beans quickly. Carefully stir fry the vegetable. During the stir-fry, add some water to prevent the beans from being burned. When the beans become soft and the colour has changed to deep green, add half spoonful of the soy sauce. Keep stir-frying for a short while. Then add a quarter spoonful of sugar and a drop of sesame oil. Stir a little. The dish is then ready.

Characteristics

Fresh flavour with a bit of sweetness. Can be served as a "side dish" with other meat dishes.

Notes

Be careful not burning the garlic and flat beans. Add more sugar if you prefer the dish sweeter.

3.8 Stir-fry Beef With Black Bean Sauce by Hongbo

Ingredients

- Frying Steak (1 lb)
- Green Pepper (half)
- Red Pepper (half)

Spices

- SaltedBlack Beans (1 spoonful)
- Garlic (2 gl)
- Ginger (3 grams)
- Spring Onion (1)
- Light Soy Sauce (1 spoonful)
- Dark Soy Sauce (1 spoonful)
- Cooking Wine (1 spoonful)
- Cooking Oil (half spoonful)
- Corn flour (1 spoonful)
- Sugar

Procedure

1. Cut the beef into thin slices. Marinade with the cooking wine, light soy suace and half spoonful of corn flour for about 15 mins.
2. Chop the garlic, ginger and black beans finely together. Cut the spring onion into small pieces and green and red peppers into pieces about 1 inch.
3. Heat about 10 spoonfuls of cooking oil very hot (when it is a bit smoky). Add the beef slices and stir quickly to separate. Take the beef slices out as soon as they change colour. Drain away the oil.

4. Heat about 1 spoonful of cooking oil very hot. Stir fry the green and red pepper pieces for a while and take out of the wok.
5. Heat 1 spoonful of cooking oil very hot. Add the chopped garlic, ginger and black bean mixture, then the spring onion pieces. Stir a few seconds. Then add the beef, followed by the peppers. Add the dark soy sauce and a quarter of spoonful of sugar, and stir for a few more seconds. Mix the rest corn flour with some water, and thicken the dish. Add some cooked oil to shine.

Characteristics

Tender beef with strong black bean sauce taste. A popular Canton dish. Can be served with rice directly, or together with some "side dishes".

Notes

Be quick, especially stir-frying the beef at the first time.

3.9 Pepper-Salt Chicken Wings by Hongbo

Ingredients

- Large Chicken Wings (1 lb)

Spices

- Spring Onion (2)
- Garlic (2 cl)
- Fresh Green Chilli (1)
- White Pepper Powder
- Salt
- Cornflour (3 spf)
- Light Soy Sauce (1 spf)
- Cooking Oil
- Cooking Wine (1 spf)

Procedure

1. Chop the chicken wings into 1 inch segments. Marinade them with 1 spoonful of light soy sauce, 1 spoonful of cooking wine, and a pinch of salt and pepper for about 15 mins.
2. Meanwhile cut the spring onions and green chilli into 2 inch shreds, and crush slightly the garlic.
3. Add some cornflour (about 3 spoonfuls) and mix well with the marinated chicken wings. Deep fry the wings until deep brown.
4. Heat 1 spoonful of cooking oil in the wok. Add the spring onion, green chilli and garlic. Stir-fry for seconds. Add some salt, then add the wings and sake well with the spices for about 15 seconds. The dish is then ready to serve.

Characteristics

Spicy and appetising. An ideal starter and a buffet dish. Can be served hot or cold. Popular throughout China.

Notes

Be careful when deep frying the chicken wings. If not so sure, deep fry them twice; first to shallow brown, and then to deep brown.

3.10 Stew Pork Spare Ribs by Hongbo

Ingredients

- Pork Spare Ribs (1 lb)

Spices

- Spring Onions (1)
- Garlic (3 cl)
- Ginger (10 grams)
- Light Soy Sauce (1 spf)
- Dark Soy Sauce (3 spf)
- Star Anise
- Sugar (half spf)

- Cooking Oil (2 spf)
- Tomato Puree half spf

Procedure

1. Chop the spare ribs into 1.5 inch segments. Cut the spring onions into 2 inch segments, ginger to slices, and crush slightly the garlic.
2. Heat the cooking oil very hot. Stir-fry the spare ribs until they change the colour. Then add the spring onions, ginger slices and crushed garlic, and stir-fry further for 1 or 2 mins. Then add the dark and light soy sauce and tomato puree. Stir-fry for another 2 mins. Add appropriate amount of hot water into the wok (about to emerge the spare ribs), and bring to boil. Add some star anises, and turn down the fire. Stew about 30 mins until the spare ribs are fully cooked. If the sauce in the wok become too little, add appropriate amount of water.
3. Turn the fire to the maximum degree. When the sauce turns thick, add half table spoonful of sugar, and cook for another min or so. The dish is then ready to serve.

Characteristics

Rich and tasty. A typical Peking dish. Ideal to serve in winters. Can be directly served with steamed rice.

3.11 Chicken Chiao Mei (Chao Mian) by Hongbo

Ingredients

- Shawood Egg Noodle (200 grams)
- Chicken Breast (8 oz)
- Bean Sprouts (3 oz)
- Green and Red Pepper (2 halves)

Spices

- Spring Onion (2)
- Light Soy Sauce
- Sesame Oil
- Cooking Oil

- Cornflour
- Salt

Procedure

1. Put the egg noodle into a sauce pan of boiling water, and soak for about 5 mins. Meanwhile, cut the chicken breast into thin slices, and marinade with a spoonful of light soy sauce and some cornflour. Cut the green and red pepper, and the spring onions into two inch shreds. Clean the bean sprouts.
2. Heat about 2 spoonfuls of cooking oil very hot. Stir-fry chicken breast slices first. Then use the same way to stir-fry peppers, spring onions and bean sprouts. Add the egg noodle on top of the vegetables in the wok. Evenly pour 3 spoonfuls of light soy sauce onto the noodle. Put the lid on for a few seconds. Then evenly stir-fry all for about 2 or 3 mins. Add some salt if necessary. Before finishing, add a few drops of sesame oil.

Characteristics

Combination of dish and main course. Easy to prepare.

Notes

Besides chicken breasts, you can virtually use any meat (cooked and uncooked). You could use dark soy sauce for a deeper colour.

3.12 Prawn on Toast by Hongbo

Ingredients

- Sliced Bread (4 or 5)
- Fresh Prawns (7 oz)
- Pork Fat (2.3 oz)
- Eggs (2)

Spices

- Cooking Oil
- Spring Onion (1)
- Ginger

- Sesame Oil
- Cornflour
- Salt
- Sesame Seeds

Procedure

1. Crush slightly the ginger and the spring onion, and soak them in a small bowl of clean water for about 30 mins.
2. Meanwhile, clean the prawns and chop them finely. Add sliced pork fat and chop them together. During chopping, add two or three spoonfuls of ginger/spring onion water. Obtain very sticky paste(!).
3. Mix about a quarter of a spoonful of sesame oil, some salt and half spoonful of cornflour with the prawn paste. Spread some on one side of each slice of bread.
4. Take the egg white. Dip each bread slice into the egg white with the paste facing, and then spread some sesame seeds on the surface.
5. Deep-fry the bread slices until brown. Cut them in nice shape and serve.

Characteristics

Crispy and very tasty. A popular Cantonese Dim-Sim (snack).

Notes

Keep the oil rather hot, but not too hot when deep-frying. This dish is ideal as a starter. It is quite oily, and you should not eat too much.

Crispy Fried Chicken, Chinese style by Herbert

Ingredients

- Garlic (2..3 cloves)
- Ginger
- Spring Onions (1..2)
- Chicken breast
- Green and red pepper ($1/2 + 1/2$)

- Bean sprouts
- Carrots (2)
- Egg (1)
- Plain flour, pepper, salt
- Chili-Powder
- Cooking oil
- Cooking wine (Shaoshig rice wine, or Sherry)
- Light soy sauce
- Dark soy sauce
- Vinegar (malt or rice)
- Sugar
- Cornflour
- Sesame oil
- Red wine

Procedure

1. Cut the chicken into small cubic pieces. Marinade for half an hour in a mixture of salt, pepper, an egg white, red wine, light and dark soy sauce.
2. Meanwhile chop ginger and garlic.
3. Then chop green and red pepper and carrots and wash the bean sprouts. All these can be kept in one bowl.
4. For the sauce mix one TS vinegar, sugar, half a TS Cornflour, one TS cooking wine, light and dark soy sauce plus some water in a bowl.
5. Now Prepare the chicken. Let the marinade drop off and roll the pieces through a mixture of Cornflour and a little plain flour. Repeat this until the chicken pieces are well covered.
6. Pour enough cooking oil into the wok to later fully cover the chicken pieces and heat the wok very hot before adding the chicken pieces. Deep fry until brown.

7. Remove oil and chicken from the bowl and add the other ingredients. Cook at low temperature to taste. Shortly before finished turn the heat up and add the sauce. Stir-fry until the sauce has thickened and changed its color.
8. Add the chicken.
9. Add a drop of sesame oil.

Notes

Slightly spicy chicken in sweet-sour sauce plus different vegetables. The vegetables can be chosen depending on what's available.

3.13 Chicken, Vegetable and Egg by Pat

Ingredients

- Garlic (2..3 cloves)
- Ginger
- Spring Onions (1..2)
- Chicken breast
- Shrimps (some)
- Red pepper (1/2..1)
- Broccoli (some)
- Chili (1)
- Cooking oil
- Light soy sauce
- Chicken stock
- Egg (2)
- Rice

Procedure

1. Cut the chicken into small cubic pieces. Marinade for half an hour in soy sauce (or chinese marinade for chicken if at hand).
2. Meanwhile chop ginger, garlic, chili and spring onions.
3. Then chop red pepper and broccoli.
4. Pour the eggs and some soy sauce in a bowl and blend well.
5. Perform these steps in any order:
 - Cook the rice.
 - Fry the egg-soy-sauce mix to produce one large omlett. Cut it into square pieces and keep it in a bowl.
 - Fry the shrimps and then keep them in a bowl.
 - Fry the chicken with one half of the garlic / ginger / chili, and then keep it in a bowl.
6. In a large wok, start frying the vegetable with the second half of the garlic / ginger / chili. Add about one cup of water with chicken stock (and soy sauce to taste) after a while.
7. When the vegetable is almost cooked, add the chicken, the shrimps and the rice and mix well.
8. Finally put the square omlett pieces on top.

Notes

Serve with chinese style chili sauce. If not at hand you may increase the amount of liquid added to the vegetables, you may even use some sugar, vinegar, soy sauce, cooking wine and corn flour to produce a sweet-and-sourish sauce.

4 Southeast Asian Recipes

4.1 Spicy Fried Chicken by Feisal

Ingredients

- Chicken Breast
- Red and Green Pepper (two half pieces or less)
- Plain Yoghurt (one small pot)
- Rice (half cup per person)

Spices

- Lemon Juice (a few drops)
- Garlic (1..2 cloves)
- Ginger (equivalent to amount of garlic)
- Onion (half or less)
- Curry Spice (e.g. Pakistani Chicken Curry Spice)
- Coriander Powder
- Turmeric Powder
- Red Chili (not strictly necessary)
- Oil for frying

Procedure

1. Prepare a marinade for the chicken. For this crush the garlic and ginger, add the lemon juice, coriander, turmeric and curry powder. Optionally add some yoghurt and stir well.
2. Cut the chicken breast into cubic pieces, put them into the marinade and leave them there for at least 15 minutes.
3. Cook the rice. Use twice as much water as rice plus half a cup for cooking. Optionally make fried rice with one or two eggs, onion, garlic and ginger.
4. Cut the onion (and chili) into small pieces. Fry the onion until it's slightly brown.

5. Add the chicken (and chili) and start stir-frying it. Add more spices (European-bought spices tend to be rather dull, so sometimes a lot is necessary).
6. Add the yoghurt plus about the same amount of water and stir well. Don't let it fry anymore, close the pan!

Notes

This is only a basic recipe, a lot of different vegetables can be used, spices can be hot or mild.

4.2 Chicken Biryani by Feisal

Ingredients

- Chicken Breast
- Cucumber with skin (some)
- Plain Yoghurt (one small pot)
- Rice (half cup per person)

Spices

- Garlic (1..2 cloves)
- Ginger (equivalent to amount of garlic)
- Onion (half or less)
- Biryani Spice Mix
- Chili powder
- Green Chili
- Oil for frying

Procedure

1. Start cooking the rice.
2. Crush the garlic and ginger and put them into a bowl. Add the yoghurt.
3. Cut the chicken into cubic pieces.
4. Cut the onion into small pieces and start frying them in a pot.

5. Pour the chili powder onto the chicken pieces and put them into the pot with the fried onions. Add the Biryani spice, yoghurt and about the same amount (like the yoghurt) of water. Stir well and cook the chicken for about 15 minutes.
6. Add the cooked rice to the chicken and mix well.

Notes

This depends a lot on the quality of the spices. Try to find an Indian or Pakistani spice mix.

4.3 Chicken in Satay Sauce by Mrs. Noraziah

Ingredients

- Chicken without bones (3lb, or beef: $1\frac{1}{2}$ lb)
- Crunchy peanut butter (2 cups, mixed with $1\frac{1}{2}$ cups water)
- Brown sugar (2 table spoons)
- Lemon juice (1 table spoon, better: tamarind juice)
- Salt to taste

Marinade (A):

- Sugar (1 tea spoon)
- Soy sauce (1 table spoon)
- Turmeric (1 tea spoon)

Paste (B):

- Ginger (1 golf ball size)
- Garlic (5 cloves)
- Lemon peel (2 strips)
- Large Onions (2)

Paste (C):

- Ground Cumin (1 tea spoon)

- Nutmeg (1 grated)
- Grated Coreander (1 table spoon)
- Black pepper (1 tea spoon)
- Chili powder (2 tea spoons, optional to taste)

Procedure

1. Chop the chicken into small slices and mix it with the marinade
2. Chop the ingredients of (B) and grind to a paste
3. Mix the ingredients of (C) and add a little water
4. Take half of paste (B) and fry gently until brown.
5. Add half of paste (C) and the meat and simmer gently until cooked.
6. Separately fry the other half of paste (B) until brown. Add chili powder to taste and the rest of paste (C), the peanut butter, the brown sugar and some water. Cook gently for 5 minutes.
7. Now put all ingredients together with the lemon juice and seasoning. Cook very gently until small circles of oil begin to appear on the surface. Taste and add more sugar, salt etc. if desired.

Notes

This is a very rich and delicious dish, eaten with plain rice (or rice with almonds and raisins for a special occasion) and a salad of lettuce, cucumber, etc. It can be kept in a freezer.

4.4 Chicken Curry with Peanuts by Herbert

Ingredients

- Chicken breasts (2 for two persons)
- Carrots (approx. 2 medium for two persons)
- Green Pepper (approx. 1 for two persons)
- Red and green Chillies (1 each for two persons, more to taste)
- Lemon juice (about half a lemon, double per two persons)

- Garlic and Ginger (approx. 3 cloves / equal quantity of ginger for two persons)
- Peanuts (a handful)
- Crunchy peanut butter (1 table spoon for two persons)
- Onions (2 small or 1 big for two persons)
- Yoghurt (1 cup for two persons)
- Cooking oil (sunflower or peanut)
- Chopped tomatoes (1 can for two persons)

Spices

Some out of:

- Hot curry powder
- Medium Curry paste
- Ground Cumin
- Ground Coriander
- Ground Turmeric
- Chilli powder
- Other spices to taste

Procedure

1. For the marinade, chop the garlic and ginger very small and mix them in a bowl together with the lemon juice, 1 table spoon yoghurt, some curry powder (I normally also add about one tea spoon curry paste if at hand) and some Turmeric
2. Cut the chicken into cubic pieces and put them into the bowl with the marinade, leaving it there for at least 30 minutes
3. Chop the chillies and add them to the chicken (as they will enter the pan at the same moment)
4. While waiting for the chicken, chop carrots and green pepper and put them into a small bowl
5. Fry the peanuts at low temperature until moderately brown

6. Remove the skin of the fried peanuts and cut them to obtain at least 4 small pieces from each
7. Chop the onions into fine pieces and fry them in a large pan or wok at rather high temperature with some cooking oil until brown
8. Add the chicken with the marinade and chillies and continue stir-frying until the chicken is cooked
9. The chicken should now be moderately spicy, so you may want to add more spices now
10. Add the chopped tomatoes, cover the pan and simmer at lower temperature for about 5..10 minutes, stirring from time to time
11. Add the vegetables and simmer for another 5 minutes, then add the peanut butter and the rest of the yoghurt
12. After having mixed well, now apply the last fine-tuning: use a mixture of cumin, coriander and turmeric (about one tea spoon altogether), then add chilli and / or hot curry powder or other spices to taste
13. After another 5 minutes, add the fried peanuts and stir well

Notes

This is a rich and slightly spicy curry with a slight sweetish flavour of Satay to be served with Basmati rice.

The spices are really a matter of taste and what is available. I usually combine some different curry mixes and even a little Garam Masala. The vegetables can vary, depending on what is at hand.

The fine tuning should be done while the mixture with the tomatoes is simmering. Never add too much of one spice at a time, always try a bit of the sauce before applying the next step. The sweetness and richness depend very much on the quantity of peanut butter you add.

5 Other Asian Recipes

5.1 Chicken Satay Barbecue, by Bud

Ingredients

- Lamb, beef or Chicken (2kg for 200 sticks)
- Bamboo skewers

For the marinade:

- Coreander seeds (6 table spoons)
- Cumin (4 table spoons)
- Garlic (4 big cloves)
- Lemongrass (10 sticks)
- Ginger (4 inches)
- Galangal (6 inches)
- Turmeric (1 table spoon)
- Shallots (10)
- Sugar, salt, aji-no-moto (monosodium glutamate, optional) to taste

For the satay gravy:

- Peanuts ($1\frac{1}{2}$ kg)
- Garlic (5 big cloves)
- Lemongrass (3 sticks)
- Galangal (1 inch)
- Coreander seeds (2 table spoons)
- Candlenuts (6)
- Shrimp Paste (a bit)
- Dried Chilies (20)
- Sugar, salt, aji-no-moto (optional) to taste
- Tamarind juice (from tamarind paste)
- Cooking oil

Procedure

The chicken:

1. Blend the ingredients, but not too smooth
2. Cut the meat into very long, thin pieces
3. Mix it into the marinade and leave for 2..3 hours
4. Then skewer it on the sticks, ideally one piece per stick, like a spiral along

The Satay gravy:

1. Fry the peanuts in oil and blend them (not too fine)
2. Remove the seeds from the chilies, wash and boil them
3. Blend chilies, garlic, lemongrass, galangal, coriander, candlenuts and shrimp paste and fry the mixture till fragrant.
4. Add the tamarind juice and cook until the mixture starts boiling.
5. Add the peanuts.
6. Add sugar, salt, aji-no-moto to taste. The consistency should be slightly thick.

Notes

Very tasty and very rich. The quantity described here will be enough for 5..7 good eaters.

5.2 Chicken Curry by Gesa

Ingredients

- Chicken breast
- Garlic
- Ginger
- Salt
- Chili powder
- Big tomatoes (1..2)

- Onions (1..2)
- Sunflower oil
- Unsweetened cocos milk (1 can)
- Coreander leaves (rather more than less)
- Garam-Masala

Procedure

1. Cut the chicken into cubes and put into a bowl. Add crushed garlic and ginger plus salt and chili powder (you may also add some lemon juice).
2. Mash the tomatoes. Then cut the onions in small pieces.
3. Pour some sunflower oil into the wok and fry the onions until they are brown.
4. Add the chicken and fry for a while.
5. Pour the mashed tomatoes into the wok and cook for a while. Add more spices if necessary.
6. Shake the cocos milk well in the can and pour it into the wok.
7. Chop the coreander and add it.
8. Switch off the heat and add lemon juice and Garam-Masala to taste.

Notes

This curry should be eaten with Basmati rice, some salad and creamy natural yogurth. I often improvise with the vegetable and spices used. Adding carrots to the already cooked chicken (early enough to have them just cooked) is recommended. As this is mild curry I also like to add some chopped red chilies to the wok when frying the chicken, additional spices, like coreander, cumin or even Tikka spice mix are fine.

5.3 Chicken Rendang, from Herbert's books

Ingredients

- Chicken (approx. 1.5kg)
- Sugar (1 tea spoon)
- Coconut flakes (75g)

- Small red or white onions (4)
- Garlic (2 cloves)
- Ginger (2.5cm)
- Lemon grass (1..2)
- Galangal (2.5cm)
- Cooking oil (5 table spoon)
- Chilli powder (2..3 tea spoon or to taste)
- Coconut milk (400 ml)
- Salt (2 tea spoon)
- Chive

Procedure

1. Chop the onions, crush the garlic and cut ginger and galangal to slices
2. Cut the chicken into 8 pieces, remove the skin, pour sugar on it and leave it for 1 hour
3. Dry-fry the coconut flakes at medium heat until brown while stirring well and then grind to a paste
4. Chop the lower 5cm of the lemon grass and add it to the galangal
5. Mix the onion, garlic and ginger and grind it to a paste
6. Heat oil in the wok and fry the paste for a while
7. Reduce heat, add the chilli powder and fry for another 2..3 minutes
8. Add approx. 120ml coconut milk and some salt
9. As soon as the mixture starts boiling add the chicken and mix well
10. Add the remaining coconut milk, the lemon grass and galangal and cook at low heat for 40..45 minutes
11. Just before serving, add the coconut paste and cook for another 4 minutes
12. Serve with some chive

Notes

Can be served with rice and deep-fried anchovis, acar-pickle or sambal nanas.

6 Recipes from other parts of the world

6.1 Walnuttred Red Rice by Sabah

Ingredients

- Walnuts
- Rice (ideally Italian)
- Pomegranate concentrate (approx. 2..3 table spoons, e.g. from an Indian shop)
- Tomato Puree (1..3 table spoons, to taste)
- Onion (1 small)
- Cooking Oil
- Salt

Procedure

1. Wash the rice in a bowl and try to leave it not too wet
2. Chop the Onion to medium size pieces
3. Boil water for the rice (the same volume as rice)
4. Fry the walnuts in some cooking oil for a few seconds, then add the onions, Pomegranate concentrate, later the tomato puree.
5. Add the rice and fry for 1..2 minutes
6. Pour in the water and cook the rice at high heat until the water gone. Stir very gently from time to time.
7. Cover the pot and leave the rice there for about 15 minutes.

Notes

This can be eaten as a main dish as well as with some meat (e.g. chicken). Some yoghurt or salad is recommended, e.g. green salad with cucumbers, garlic, parsley and yoghurt.

7 Recipes found in the Usenet

7.1 Chicken Madras by Tubal Cain

Ingredients

- Cooking oil (90ml)
- Onions, medium size coarsely chopped (2)
- Fresh ginger, peeled and grated (2.5cm)
- Garlic, coarsely chopped (4 cloves)
- Garlic, crushed (2 cloves)
- Red dried chillies (4 - 6)
- Fresh green chillies, sliced lengthways (2)
- Small can of tomatoes (1)
- Ground cumin (3 tsp)
- Ground coriander (1 tsp)
- Chilli powder (1 tsp)
- Ground turmeric (1 tsp)
- Chicken breast cut into 4cm cubes (1kg)
- Water (170ml)
- Garam masala (1 tsp)

Procedure

1. Heat half the cooking oil over a medium heat and fry the onions, ginger, chopped garlic and red chillies for 8 - 10 minutes, stirring frequently until the onions are soft. Remove from the heat and allow to cool.
2. In a separate pan, heat the remaining oil over a medium heat and fry the crushed garlic and green chillies until the garlic is lightly browned.
3. Add half of the tomatoes along with their juice to the pan and stir for 1 - 2 minutes.
4. Add the cumin, coriander, chilli powder and turmeric. Lower the heat and cook for 6 - 8 minutes stirring frequently.

5. Add the meat and stir-fry over a medium heat for 5 - 6 minutes until the meat changes colour, all over.
6. Add the water, bring to the boil, cover the pan and simmer for 30 minutes.
7. Blend the fried onion mixture and the remaining tomatoes in a food processor until the mixture is smooth and add it to the meat. Bring to the boil and mix well.
8. Cover the pan and simmer for a further 30 minutes or until the meat is tender.
9. Stir in the garam masala and serve on a bed of basmati Pilau rice with some mango chutney on the side of the plate.

7.2 Curried Chicken with Cashew Nuts by Podcameni Posvolsky

Ingredients

- Chicken – breasts and legs (3 pounds)
- Clarified butter or oil (4 tablespoons)
- Onions – chopped (2 large)
- Garlic – minced (3 cloves)
- Grated ginger (1 tablespoon)
- Curry powder (3 tablespoons)
- Paprika (2 tablespoons)
- Tomatoes – peeled, seeded and chopped (4)
- Chopped mint leaves (1 tablespoon)
- Garam masala (1 tablespoon)
- Yogurt (1 cup)
- Chopped cashew nuts (1/2 cup)
- Salt to taste

Procedure

1. Cook onion in butter until translucent. Add garlic and ginger stir until onions start to brown.
2. Stir in curry and paprika cook 1 min.
3. Stir in tomatoes, salt and mint.
4. Cook until tomatoes turn into a paste, stirring often.
5. Add chicken pieces and cover with the sauce.
6. Turn down heat, cover pan and simmer 50 mins. Stir a few times while cooking.
7. Add garam masala and cook another 5 mins.
8. Stir in yogurt and just bring to a boil.
9. Serve at once sprinkled with the nuts. Serve with white rice and chutney.