

CHICKEN KORMA

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 3 Tbsp. Roasted Cashews, plus 2 Tbsp. chopped
- ¾ Cup Hot Water, plus ¾ Cup Tap Water
- 5 Tbsp. Extra-Virgin Olive Oil
- 2 Onions, chopped fine
- 1½ Tsp. Table Salt
- 1 Tomato, cored and chopped coarse
- 4 (6- to 8-ounce) Boneless, Skinless Chicken Breasts
- 3 Whole Cloves
- 2 Cinnamon Sticks
- 2 Bay Leaves
- 4 Garlic Cloves, minced to paste
- 1 Tsp. Grated Fresh Ginger
- 1 Tsp. Ground Coriander
- 1 Tsp. Ground Turmeric
- ½ Tsp. Pepper
- ¼ Tsp. Ground Cardamom
- ¼ Tsp. Cayenne Pepper
- 1 Cup Chopped Cilantro
- Plain yogurt (for serving)

Instructions:

1. Process 3 Tbsp. cashews in blender on low speed to consistency of fine gravel mixed with sand, 10-15 seconds. Add ¾ cup hot water and process on low speed until combined, about 5 seconds. Scrape down sides of blender jar and let mixture sit for 15 minutes.
2. Meanwhile, heat 3 Tbsp. extra-virgin olive oil in Dutch oven or large pot over medium heat until shimmering. Add 2 finely chopped onions and ¼ Tsp. table salt and cook, stirring occasionally, until dark golden brown, adjusting heat as needed if beginning to scorch, 10 to 15 minutes.
3. Transfer onions to blender with 1 tomato and process on low speed until coarse puree forms, about 1 minute. Scrape down sides of blender jar, then process on high speed until sauce is completely smooth, about 1 minute.
4. Pat dry 4 chicken breasts, cut into 1½-inch pieces, and sprinkle with 1 Tsp. salt. Heat remaining 2 Tbsp. oil in pot over medium heat until shimmering. Add cloves, cinnamon sticks, and bay leaves and cook, stirring occasionally, until fragrant, 30-60 seconds. Add garlic cloves, ginger, coriander; turmeric; pepper; cardamom; and cayenne and cook until fragrant, 30-60 seconds. Add cashew-onion mixture, ¾ cup tap water, and remaining ¼ teaspoon salt and stir, scraping up any brown bits from bottom of pot. Bring to simmer, then reduce heat to low, cover, and simmer gently for 10 minutes.
5. Stir in chicken, increase heat to medium, and return to simmer. Reduce heat to medium-low, cover, and simmer gently until chicken registers 160 degrees F, 10-15 minutes. Discard bay leaves and cinnamon. Sprinkle with cilantro chopped cashews and serve with plain yogurt.



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