

Chicken Varuval (Rendang Ayam)

Saturday, 14 August 2010 16:58 - Last Updated Thursday, 21 July 2011 16:06

courtesy : Mrs. Devi Krishnan



Chicken Varuval is mildly spicy. It is a delicious dry gravy curry dish. It is normally served with rice, thosai, chappati, roti chanaï or bread.

Ingredients:

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1kg cut chicken;cut into bite size
5cm ginger;shredded) coarse grind
4 cloves garlic)
3 big onions;sliced
3 dried red chillies;tear into pieces
3 tablespoon Eagle brand meat curry powder
3 tablespoon cooking oil
1 cinnamon strip(4cm long)
2 star anise
3 cloves(a spice)
3 cardamom;pounded
2 stalks curry leaves;stripped(20 leaves)
1/2 cup coconut cream;no preservatives
1/2 cup water
salt to taste
1 stalk coriander leaved;chopped
2 fresh red chillies;sliced

Method of preparation

Heat cooking oil in a wok. Add the ground (ginger and garlic) paste. Fry till the smell is fragrant. Next add dried red chillies, onion, curry leaves, cinnamon strip, star anise, cloves and cardamom. Saute till the onion is golden brown. Add cut chicken and meat curry powder. Mix well. Fry on low flame for about 5 minutes. Add coconut cream and water. Stir well. Cover and simmer until the chicken is cooked. Uncover. Add salt and stir gently till the gravy thickens. Turn of flame. Garnish with coriander leaves and sliced red chillies. Cover. Serve with rice, thosai, chappati, roti chanai or bread.