

# The Global Larder

COOKERY SCHOOL

## Butter Chicken/Panner with Chickpea Dosas

Serves 2

### For the curry

300g boneless, skinless chicken thigh, cut into pieces (or 225g Paneer, cubed)  
2 tbsp natural yoghurt  
2 tbsp sunflower oil  
2 cloves garlic, pureed  
5g grated ginger  
1 tsp cumin  
200g chopped tomatoes  
2 green cardamom pods  
1 black cardamom pod (optional)  
Small piece of cassia bark or cinnamon  
¼ tsp salt  
½ tsp chilli powder  
¼ tsp turmeric  
½ tsp garam masala  
1 tsp dried fenugreek leaves  
10g sugar  
15g butter  
50ml double cream  
Coriander for garnish (optional)

### For the dosa

60g gram flour  
60g plain flour (or GF if required)  
¼ tsp bicarbonate of soda  
¼ tsp salt  
250ml water  
1 tsp oil

### For the curry

- Mix half of the garlic and half of the ginger with the cumin, yoghurt and the chicken. Allow to marinate for 30 mins to 5 hours.
- In a saucepan, heat the oil with the cassia bark, green and black cardamom. Add the remaining garlic and ginger and fry on a low heat. Add the salt, chilli powder, turmeric, fenugreek and garam masala and stir to combine
- Add the tomatoes and break any large pieces down with the end of a spoon.
- Add the chicken and marinade and stir to combine. Simmer for 25 minutes or until the chicken is cooked and the tomato sauce reduced.
- Add the butter, sugar, and double cream. Taste and season, adjusting with more salt or sugar if required. If the sauce is too thick, add some water.

For the dosas

- Mix the flours in a bowl with the salt and the bicarb.
- Make a well and pour in the water, whisking as you pour. Whisk well to remove any lumps.
- Leave for 10-15 minutes in order to activate the bicarb.
- Heat a non-stick pan and wipe the base with oil, when hot pour a thin layer of batter in the pan and tip to allow it cover the bottom of the pan evenly.
- Cook for a couple of minutes on each side or until golden brown. Remove from the pan and keep warm while you use up all the batter.

Notes:

- If you don't want to make the dosa, serve the curry with basmati rice, or make both.
- If you don't have cassia bark, you can substitute cinnamon.
- Black cardamom has a unique smoky aroma, but you can omit if you can't source any.
- Fenugreek leaves are quite important to the dish and are milder than fenugreek seeds.

## **Equipment List**

- Sharp knife
- Chopping board
- Medium saucepan
- Medium non-stick frying pan
- Stirring spoon/spatula
- Medium bowl

## **Prep Instructions**

- Measure the ingredients out but don't chop anything.
- The cassia bark and cardamoms can be kept together.
- The fenugreek, chilli powder, turmeric and garam masala can be kept together in the same bowl.

## **Zoom link**

<https://us06web.zoom.us/j/88399616038?pwd=g3btkLQ0bDZlJYYOJreDb575PbCztL.1>

**Meeting ID: 883 9961 6038**

**Passcode: 926549**