

Koli Ishtew (Chicken Stew)

(Serves 4)

Ingredients

<ul style="list-style-type: none">○ 3 tbsp vegetable oil○ 2 boneless chicken breast, cut into four pieces, dusted with little flour, salt, freshly black pepper and ground cinnamon○ 2 star anise○ 2.5cm/1in cinnamon stick○ 2-3 green cardamom pods, lightly crushed○ 4 cloves○ 4-6 black peppercorns	<ul style="list-style-type: none">○ 1 blade mace○ 1 green chilli, slit open○ 20g/¾oz fresh ginger,○ 2 medium onions, thinly sliced○ 8-10 fresh curry leaves○ 1 tsp ground turmeric○ 2 tsp ground coriander○ ½ tsp ground black pepper○ ¼ tsp ground cinnamon○ 400ml/14fl oz coconut milk○ 10-12 cherry tomatoes
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Method

1. Heat one tablespoon of the vegetable oil in a large pan over a low heat. When the oil is hot, add the chicken breast pieces and fry gently, but do not allow to colour. When cooked through, remove from the pan and set aside.
2. Heat the remaining two tablespoons of vegetable oil and add the cinnamon stick, cardamom pods, cloves, peppercorns and mace. Fry until the spices start to crackle, then add the chilli, ginger, onions and curry leaves.
3. Fry the spices and onions for 4-5 minutes, or until onions are translucent.
4. Add the turmeric, coriander, black pepper and cinnamon powder and continue to fry for 2-3 minutes.
5. Add the coconut milk and heat to a gentle simmer.
6. Add the cooked chicken pieces and the tomatoes and simmer for 3-4 minutes, or until the chicken is completely cooked through (no pink should remain when the chicken is cut into).
7. To serve, place a spoonful of steamed rice onto each plate and then place a spoonful of the chicken stew alongside. Garnish with celery and shisho cress.