

Recipe Name: Goan Chicken Vindaloo Recipe
Diet Type: Non-Vegetarian
Course: Dinner
Cuisine: Goan Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 500 grams Chicken - cut into curry cut pieces	5
• 2 Onions - chopped	
• 1 Tomato - chopped	
• 1/4 cup Homemade tomato puree	
• 1 tablespoon Sunflower Oil	
• 2 Green Chillies - chopped	
• 1 tablespoon Tamarind - washed and soaked in hot water.	
• Coriander (Dhania) Leaves - as required	
• Salt - to taste	
• 1 teaspoon Sunflower Oil	
• 8 cloves Garlic	
• 1/2 inch Ginger	
• 5 Kashmiri dry red chilli	
• 1/2 tablespoon Mustard seeds	
• 1/2 tablespoon Black pepper corns	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 tablespoon Coriander (Dhania) Seeds	
• 1/2 teaspoon Methi Seeds (Fenugreek Seeds)	
• 3 Cloves (Laung)	
• 1 inch Cinnamon Stick (Dalchini)	
• 4 tablespoon Vinegar	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Jaggery	
• 1/2 teaspoon Salt - or to taste	

Preparation

- To begin making the Goan Chicken Vindaloo recipe, heat 1 teaspoon oil in a heavy bottomed pan.



- Add the ginger, garlic and saute till they start softening and browning just a little.
- Next, add the black pepper corns, mustard seeds, cumin seeds, coriander seeds, fenugreek seeds, cloves, cinnamon stick and Kashmiri red chillies and roast on low flame.
- In about 4 minutes, the coriander seeds will start to brown and the masalas will start to roast and smell.
- Turn off the heat and let the masalas cool down.
- Once cool, transfer to a blender along with vinegar, salt, turmeric and jaggery.
- Add about 3-4 tablespoons water and blend to a smooth paste.
- Marinate the chicken with this paste for at least 2 hours or upto 24 hours. The next step is to make the curry for the chicken vindaloo.
- Once the oil is hot, add the green chillies and onions.
- Let it cook till the onions become golden brown.
- Once it is done, add the tomato puree and let it cook for about 2 to 3 minutes.
- Mix everything well and let it cook for about 10 minutes.
- If the Chicken Vindaloo becomes too dry, add some water and mix again.
- Add 1 cup of water and cook the Chicken Vindaloo on medium flame, covered for 25-30 minutes till the chicken is falling off the bone.
- Once done, turn off the heat and check the seasonings and adjust to taste.
- Transfer the Chicken Vindaloo to a serving bowl and serve hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	25	15	20	3	5