

Recipe Name: Kashmiri Kokur T Nadir Recipe-Chicken and Lotus Stem Curry

Diet Type: Non-Vegetarian

Course: Lunch

Cuisine: Kashmiri

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 2 cups Lotus Stem - (nadru or kamal kakdi) peeled & sliced	4
• 750 grams Chicken - cut into medium pieces	
• 2 cups Water	
• 1 Bay leaf (tej patta)	
• 1/4 teaspoon Fennel seeds (Saunf)	
• 2 Black cardamom (Badi Elaichi)	
• 4 Cloves (Laung)	
• 1 inch Ginger - chopped	
• 3 tablespoon Mustard oil	
• 1 teaspoon Cumin seeds (Jeera)	
• 1/4 teaspoon Asafoetida (hing)	
• 1-1/2 cups Curd (Dahi / Yogurt) - whisked	
• 2 teaspoon Kashmiri Red Chilli Powder	
• 2 teaspoon Fennel Powder	
• 1 teaspoon Dry ginger powder	
• Salt - to taste	
• 1/2 teaspoon Mint powder (Pudina)	
• 1 teaspoon Ajwain (Carom seeds)	
• 3 sprig Coriander (Dhania) Leaves - chopped for garnish	

Preparation

- To begin making the Kashmiri Kokur T Nadir recipe, wash and clean the chicken.
- Mix the chicken with kashmiri red chilli powder, fennel powder and dry ginger powder in a bowl and keep it for marination for about 30 minutes.
- Put the sliced lotus stem in warm water for few minutes to remove inside dirt and impurities.



- Strain Lotus stem slices and pressure cook them along with 2 cups of water, bay leaf, fennel seeds, black cardamom, cloves, ginger slices and salt as per taste.
- Leave it aside for pressure to settle down.
- Heat mustard oil in a heavy bottomed pan.
- Add cumin seeds and asafoetida powder into it, mix it well and cook it for 8 to 10 seconds.
- Add the above marinated chicken along with the curd mix and cook in medium to low flames till yogurt starts to thicken and oil starts leaving from sides.
- Now add the boiled and strained Lotus stem into the gravy and cook it on low flame for five minutes, stirring occasionally.
- Also crush dry Mint leaves between your hand and add into the gravy.
- Once it is done, switch off the stove and garnish with some fresh coriander leaves.
- Serve hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
540	37	30	24	4	6