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Recipe Name: CHETTINAD CURRY

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

Chettinad Curry is a quintessential South Indian dish renowned for its bold, aromatic flavors and rich, complex spice blend. Featuring tender chicken pieces bathed in a fiery, coconut-infused gravy, it's a culinary journey from the Chettinad region. This flavorful curry is traditionally served hot with flaky parottas, steamed rice, or dosa, offering a hearty and satisfying meal experience.
[PROS]
- High in lean protein from chicken, essential for muscle repair and satiety.
- Rich in antioxidants from the diverse array of spices like turmeric, black pepper, and cloves.
- Spices such as ginger, garlic, and turmeric possess anti-inflammatory properties.
[CONS]
- Can be high in saturated fat if excessive coconut milk/oil or skin-on chicken is used.
- The intense spiciness from chilies and peppercorns may not be suitable for all palates or sensitive digestive systems.
[DIETITIAN REVIEW]
This Chettinad Chicken Curry provides a robust and flavorful meal, excellent for protein intake. While it's packed with nutrient-rich spices offering antioxidant benefits, monitoring portion sizes and fat content, especially from coconut, is advisable for a balanced diet. Overall, a vibrant and satisfying dish that can be enjoyed as part of a varied eating pattern. Score: 8/10

Ingredients

Ingredient	Quantity
• Chicken (bone-in • curry cut)	250g
• Onion	1 small, finely chopped
• Tomato	1 small, finely chopped
• Ginger-Garlic Paste	1 tablespoon
• Curry Leaves	1 sprig
• Fresh Cilantro	2 tablespoons, chopped (for garnish)
• Coconut Oil (or preferred cooking oil)	2 tablespoons

DietCloud – Recipe

DietCloud – Recipe

• Salt	1 teaspoon (or to taste)

DietCloud – Recipe

• Water	1/2 cup (or as needed)

DietCloud – Recipe

• Coriander Seeds	1.5 tablespoons

DietCloud – Recipe

• Cumin Seeds	1 teaspoon

DietCloud – Recipe

• Fennel Seeds	1 teaspoon

DietCloud – Recipe

• Black Peppercorns	1 teaspoon

• Dry Red Chilies	3-4 (adjust to spice preference)

- Green Cardamom Pods 3

DietCloud – Recipe

- Cloves 4

DietCloud – Recipe

• Cinnamon Stick	1-inch piece

DietCloud – Recipe

- Star Anise 1/2

DietCloud – Recipe

• Grated Coconut (fresh or desiccated)	2 tablespoons

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- Turmeric Powder 1/2 teaspoon

DietCloud – Recipe

• Kashmiri Red Chili Powder (optional • for color)	1 teaspoon

DietCloud – Recipe

Preparation

• 1.

• First, prepare the Chettinad Masala: In a dry pan, lightly dry roast the coriander seeds, cumin seeds, fennel seeds, black peppercorns, dry red chilies, cardamom, cloves, cinnamon stick, and star anise over medium-low heat until fragrant (about 2-3 minutes).

• 2.

• Add the grated coconut to the roasted spices and continue to roast for another minute until lightly golden.

• Remove from heat and let cool completely.

• Grind the roasted spices and coconut to a fine powder or paste using a spice grinder or blender, adding a splash of water if needed to aid grinding.

• 3.

• Heat coconut oil in a heavy-bottomed pan or Dutch oven over medium heat.

• Add the curry leaves and let them splutter for a few seconds.

• 4.

• Add the finely chopped onion and sauté until it turns golden brown and translucent, about 5-7 minutes.

• 5.

• Stir in the ginger-garlic paste and cook for 1-2 minutes until its raw aroma disappears.

• 6.

• Add the chopped tomato and cook until it softens, breaks down, and the oil starts to separate from the mixture (about 5-7 minutes).

• 7.

• Stir in the turmeric powder and Kashmiri red chili powder (if using), and cook for 30 seconds, ensuring it doesn't burn.

• 8.

• Add the chicken pieces to the pan and sauté for 5-7 minutes until they are lightly browned on all sides.

• 9.

• Stir in the freshly ground Chettinad masala and salt.

• Cook for 2-3 minutes, allowing the masala to coat the chicken thoroughly and release its aromas.

• 10.

• Add 1/2 cup of water, bring the mixture to a gentle simmer, then cover the pan and cook on low heat for 20-25 minutes, or until the chicken is tender and cooked through, and the gravy has reached your desired consistency.

• Stir occasionally to prevent sticking.

• 11.

• Taste and adjust seasoning if necessary.

• Garnish generously with fresh chopped cilantro before serving hot with parotta, dosa, or rice.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)

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550	35	20	40	5	5