

Recipe Name: Kasuri Malai Murgh Recipe

Diet Type:

Course: Dinner

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 kg Chicken - cut into medium pieces	6
• 4 Onions - finely chopped	
• 7 cloves Garlic - finely chopped	
• 1-1/2 inch Ginger - grated	
• 4 Green Chillies	
• 1/2 cup Curd (Dahi / Yogurt)	
• 1/2 cup Fresh cream	
• 1/4 cup Cashew nuts - paste	
• 1/4 cup Melon seeds - paste	
• 2 tablespoons Kasuri Methi (Dried Fenugreek Leaves)	
• 1 teaspoon Whole Black Peppercorns - freshly ground	
• 2 tablespoons Coriander Powder (Dhania)	
• 1-1/2 teaspoons Red Chilli powder	
• 1 pinch Turmeric powder (Haldi)	
• Salt - as required	
• Sunflower Oil - as required	
• 1 teaspoon Ajwain (Carom seeds)	
• 4 Cardamom (Elaichi) Pods/Seeds	
• 2 Black cardamom (Badi Elaichi)	
• 4 Cloves (Laung)	
• 1 inch Cinnamon Stick (Dalchini)	
• 2 Bay leaf (tej patta)	
• 1/2 teaspoon Mace (Javitri)	

Preparation

- To begin making the Kasuri Malai Murgh recipe, wash chicken nicely and fry in oil/ghee till they turn golden in colour.
- Keep them aside.



- In the same wok/kadhai, add more oil if needed and add all the whole spices and let them crackle.
- Now add finely chopped or ground onion and saute till raw smell goes off.
- Now add finely chopped garlic and ginger and saute till golden.
- Add the fried chicken in the onion mix and fry in high flames for 2 to 3 minutes.
- Now add fresh curd and kasuri methi and mix everything well.
- Fry the chicken in low to medium flame till curd leaves water.
- Cover the lid and allow the chicken to cook for 8 to 10 mins.
- Meanwhile adjust oil if needed.
- As soon as the curd reduces and oil starts leaving from the sides, add coriander powder, red chilli powder and chopped green chillies.
- Mix and fry for 5 to 6 minutes on medium flame.
- Now add fresh cream and cashew-melon seeds paste and mix such that everything incorporates well.
- Fry for some time and add salt and water as per required consistency.
- Close the lid and cook.
- Once the chicken is done, add freshly ground black pepper and some more crushed kasuri methi and turn off the gas.

Macronutrients

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