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Recipe Name: Gongura Chicken Curry Recipe - Andhra Style Gongura Chicken

Diet Type: Non-Vegetarian

Course: Lunch

Cuisine: Andhra

Quantity:



Description

Andhra Style Gongura Chicken Curry is a vibrant and tangy culinary masterpiece from South India, featuring tender chicken pieces slow-cooked in a spicy and sour gravy made from sorrel leaves (gongura). This robust curry is enriched with a blend of aromatic spices, creating a distinctive flavor profile that is both invigorating and deeply satisfying. It's best served hot with steamed rice, dosa, or roti.
[PROS]
- High in protein from chicken, essential for muscle repair and growth.
- Gongura leaves are rich in vitamins (A, C) and minerals (iron, calcium), boosting immunity and bone health.
- Spices like ginger, garlic, turmeric, and fenugreek offer anti-inflammatory and antioxidant benefits.
[CONS]
- High spice level from green and dry red chillies might not suit all palates or digestive systems.
- Can be high in fat if excessive oil is used in preparation.
- Sodium content can be elevated depending on salt added, which warrants moderation.
[DIETITIAN REVIEW]
This Gongura Chicken Curry is a nutrient-dense dish, providing lean protein from chicken and a wealth of vitamins and minerals from the star ingredient, gongura leaves. The generous use of spices further enhances its antioxidant and anti-inflammatory potential. While its rich flavor is a highlight, individuals sensitive to spice or managing sodium intake should be mindful of portion sizes. Score: 8/10

Ingredients

Ingredient	Quantity
• Chicken	500 grams
• Onion	2, chopped
• Tomato	1, chopped
• Green Chillies	4, slit
• Ginger	1 inch, finely chopped
• Garlic	6 cloves, finely chopped
• Turmeric powder (Haldi)	1/2 teaspoon

• Garam masala powder	1 teaspoon

- Sesame (Gingelly) Oil — 2 tablespoon

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• Salt	to taste

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• Sorrel Leaves (Gongura)	2 cups, picked and chopped

- Methi Seeds (Fenugreek Seeds) 1/4 teaspoon

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• Coriander (Dhania) Seeds	1 tablespoon

- Dry Red Chillies 4

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• Fennel seeds (Saunf)	1 teaspoon

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• Garlic (for paste)	4 cloves, crushed

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- Sesame (Gingelly) Oil (for paste) 1 teaspoon

Preparation

• 1.
• Prepare the Gongura Paste: Heat 1 teaspoon Sesame (Gingelly) Oil in a small pan.
• Add Methi Seeds, Coriander Seeds, Dry Red Chillies, and Fennel Seeds.
• Roast until aromatic, then remove and let cool.
• In the same pan, add the picked and chopped Sorrel Leaves (Gongura) and sauté until they wilt and the moisture evaporates.
• 2.
• Transfer the roasted spices, sautéed gongura leaves, and 4 cloves of crushed Garlic to a mixer grinder.
• Add a pinch of salt and grind into a coarse or smooth paste, as preferred, without adding water.
• Set aside.
• 3.
• Cook the Chicken Curry Base: Heat 2 tablespoon Sesame (Gingelly) Oil in a large heavy-bottomed pan or pot.
• Add the chopped Onions and sauté until translucent and lightly golden.
• 4.
• Add the finely chopped Ginger, 6 cloves of finely chopped Garlic, and slit Green Chillies.
• Sauté for another 2-3 minutes until the raw smell disappears.
• 5.
• Add the chopped Tomato and Turmeric powder.
• Cook until the tomatoes soften and turn mushy.
• 6.
• Add the 500 grams Chicken pieces and mix well.
• Season with Salt to taste.
• Cover and cook on medium heat for about 10-15 minutes, stirring occasionally, until the chicken is partially cooked and releases its juices.
• 7.
• Stir in the Garam masala powder.
• 8.
• Combine and Finish: Add the prepared Gongura paste to the partially cooked chicken.
• Mix thoroughly, ensuring the chicken pieces are well coated with the paste.
• 9.
• Add about 1/2 to 1 cup of water (or as needed for desired consistency), cover, and simmer on low heat for another 15-20 minutes, or until the chicken is fully cooked through and tender, and the curry reaches your desired consistency.
• The oil should begin to separate from the sides.
• 10.
• Taste and adjust salt if necessary.
• Serve hot with steamed rice or Indian bread.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
540	37	11	34	4	2