

# Chicken and Ricotta Cheese Curry

Serves 4-6

LAKE  
ISLE  
PRESS

From "Flavors First: An Indian Chef's Culinary Journey" by Vikas Khanna, Lake Isle Press, 2011

## INGREDIENTS

2 tablespoons ghee or vegetable oil  
2 pounds boneless, skinless chicken breast, cut into 1-inch chunks  
6 green cardamom pods  
One 1-inch-long piece cinnamon stick  
2 medium red onions, finely chopped  
4 dried red chile peppers  
One 2-inch-long piece fresh ginger, peeled and finely chopped  
3 teaspoons ground turmeric  
2 tablespoons dried fenugreek leaves  
1 cup fresh ricotta cheese  
1/2 teaspoon salt  
1 cup heavy cream or lowfat yogurt  
1/4 cup plain, lowfat yogurt, whisked smooth  
1/4 cup golden raisins  
4 fresh mint sprigs, for garnish  
Basmati rice, for serving

## PREPARATION

1. Heat the ghee or oil in a large saucepan over medium-high heat and stir-fry the chicken in batches just until lightly golden, about 2 minutes. Remove with a slotted spoon.
2. To the same saucepan add the cardamom, cinnamon, onions, red chiles, ginger, turmeric, and fenugreek leaves. Stir-fry until the spices become aromatic and the onions become soft, 1 to 2 minutes. Add the ricotta cheese and salt and cook, stirring constantly, until well combined. Add the chicken, heavy cream, yogurt, and raisins and slowly bring to a brisk simmer, stirring occasionally. Reduce heat to low and simmer gently, uncovered, until the chicken pieces are cooked, about 10 minutes.
3. Adjust the salt to taste and garnish with mint sprigs. Serve with basmati rice.

Dara O'Brien



### FLAVORS FIRST by Vikas Khanna

"Vikas Khanna's enthusiasm for food is so intense that it practically explodes off the page. I could taste the dishes just by reading the recipes."

—Jean-Georges Vongerichten

*Flavors First* draws from celebrated Indian Chef Vikas Khanna's culinary journey from his native India to his experience as a Michelin-starred chef in New York. With entire chapters devoted to every part of an Indian meal (even breads, chutneys, desserts and beverages) and an ingredient and spice glossary that includes tips on handling and storage, *Flavors First* is an indispensable resource on Indian home cooking.

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