



Dill and Cardamom Chicken

Serves 4-6

The strong and aromatic flavor of cardamom is a great complement to the flavor of dill. Cinnamon, garlic, and ginger enhance the flavor of the oil in which the chicken is cooked. The resulting taste is a refreshing blend of distinctive flavors—Vikas Khanna



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

INGREDIENTS

- 2 tablespoons olive oil
- 2 pounds boneless skinless chicken breasts, cut into 1-inch pieces
- 6 green cardamom pods
- One 1-inch-long piece cinnamon stick
- 2 medium white onions, finely chopped
- 2 cloves garlic, finely chopped
- One 2-inch-long piece fresh ginger, peeled and finely chopped
- 1 cup coarsely chopped fresh dill
- 2 tomatoes, finely chopped
- 2 teaspoons turmeric
- 1 teaspoon ground cumin
- 1 teaspoon cayenne pepper
- 1 cup water
- Salt, to taste

PREPARATION

1. Heat the oil in a large saucepan on medium-high heat. Stir-fry the chicken in batches until lightly golden, about 2 minutes. Remove with a slotted spoon.
2. To the same saucepan, add the cardamom, cinnamon, onions, garlic, and ginger. Stir-fry until spices become aromatic, 1 to 2 minutes. Add the reserved chicken, dill, tomatoes, turmeric, cumin, cayenne pepper, and water. Slowly bring to a boil, stirring occasionally. Reduce heat to low and simmer, uncovered, until the chicken pieces are cooked, about 30 minutes. Add a little water if necessary. Adjust the seasoning with salt and serve hot with basmati rice.



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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