

## Chicken Cardamom

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| ½ cup Greek yogurt         | ¼ tsp saffron threads      |
| ½ tsp cardamom seeds       | 1-½ tbsp boiling water     |
| 1 tbsp chopped ginger root | ¼ cup butter               |
| ½ tbsp chopped garlic      | 1-½ inch cinnamon stick    |
| ½ tsp fennel seeds         | 1 whole clove              |
| ¼ tsp red pepper           | 1 cup finely-chopped onion |
| 2-½ to 3 lbs chicken       | ¼ cup cold water           |
| 2 tsp salt                 |                            |

Purée yogurt, cardamom, ginger, garlic, fennel, and red pepper until smooth. Rub salt firmly into chicken or chicken pieces, place in a shallow baking dish, and spread with the purée. Marinate at room temperature for at least one hour.

Soak saffron in boiling water at least ten minutes. Heat butter very hot; stir-fry cinnamon and clove until evenly coated. Sauté onion 7-8 minutes until soft and delicate gold. Do not burn.

Place chicken in a dutch oven, pour in the purée, add saffron water, and cook over moderate heat for about ten minutes, barely browning. Stir in cold water and bring to a boil. Reduce heat to low, cover, and cook for 30-35 minutes until tender. Remove from heat and let rest, covered, for about fifteen minutes.

Adapted from the *Cooking of India* (1975).