Ingredients

Quantity:	Measure:	Ingredients:	Descrip
500	Grammes	Chicken Boneless	Cut and
2	Teaspoon	Jeera/Cumin Seeds	Grind
1	Teaspoon	Pepper Corns	Grind
3	Nos	Cardamoms	Grind
3	Sticks	Cinnamon	Grind
1.5	Teaspoon	Mustard Seed	Grind
1	Teaspoon	Methi - Fenugreek	Grind
5	Tablespoon	Vinegar	To mix ground s
1	Teaspoon	Cayenne Pepper	cut and mix
1	Teaspoon	Sugar, Browned	mix in bowl
10	Tablespoon	Cooking Oil	Heat to fry
2	Large	Onions	slice and fry
1	Tablespoon	Ginger Garlic Paste	Mix
1	Tablespoon	Coriander/Dhania Powder	Mix
1	Teaspoon	Turmeric Powder	Mix
150	Grammes	Potatoes	Boil, peel and cu
240	Grammes	Tomato Puree	Mix
1	Salt-Spoon	Salt	Add to taste

Method

1. Cut the chicken meat into suitable pieces, and wash them.

2. Grind cumin seeds, black pepper, cardamom seeds, cinnamon, black mustard seeds and fenugreek seeds together in a grinder.

2. In a small bowl, combine ground spices, vinegar, salt, cayenne pepper and brown sugar. Set aside.

3. Heat oil in a pan over medium heat. Fry onions, stirring frequently, until they are a rich, dark brown. Remove onions and put them in a blender. Add 3 Tbsp. water to the onions and blend until you have a smooth paste. Add this onion paste to the spices in the bowl. This mixture is the vindaloo paste.

4. Put the ginger and garlic paste.
5.Heat the remaining oil in a pan over medium heat.

6.When hot, add the ginger-garlic paste. Stir until the paste browns slightly. Add the coriander and turmeric. Stir a few seconds.

7.Add the chicken, and brown lightly.

8.Now add the vindaloo paste, tomato puree and potatoes to the chicken in the pan. Stir and bring to a slight boil.

9.Cover the pan, reduce heat to low, and simmer for about an hour, or until Chicken and potatoes are tender.