

Bengali home-style chicken bhuna

Bhuna is a technique before it is a dish: frying the masala until the oil separates and the sauce clings to the meat. This is the home version from our founder's family kitchen in Sylhet, and it tastes noticeably different to the restaurant bhuna most people know.

Prep: 15 min **Cook:** 45 min **Total:** 1 hr **Serves:** 4 servings **Spice:** Medium

INGREDIENTS

- 800g halal chicken on the bone, cut into curry pieces
- 4 tbsp mustard oil
- 3 onions, half finely sliced and half blended
- 2 tbsp ginger-garlic paste
- 2 green chillies, slit
- 1 tbsp ground coriander
- 2 tsp ground cumin
- 1 tsp turmeric
- 1 tsp chilli powder
- 2 tomatoes, chopped
- 1 tsp garam masala
- Fresh coriander, chopped
- Salt to taste

METHOD

1. Heat the mustard oil until it just smokes, then lower the heat — this takes the raw bite out of the oil.
2. Fry the sliced onions for 12 minutes until brown, then add the blended onion and cook a further 8 minutes.
3. Add ginger-garlic paste and green chillies; cook 3 minutes.
4. Add the ground spices with 3 tbsp water and bhuna — stir constantly — for 5 minutes until the oil rises to the surface.
5. Add the chicken and turn it through the masala over a high heat for 6 minutes so it takes colour.
6. Add the tomatoes and salt, cover and cook on low for 20 minutes; the chicken releases its own liquid.
7. Uncover and cook off the moisture, stirring, until the masala clings tightly to the meat.
8. Finish with garam masala and fresh coriander. Serve with plain rice and a wedge of lemon.

CHEF'S TIPS

- Bone-in chicken is essential at home — it gives the body that a restaurant base gravy would otherwise provide.
- Bhuna means to fry: if there is a pool of loose sauce in the pan, keep going.

- Mustard oil is the flavour signature of Sylheti home cooking; sunflower oil makes a good curry but not this one.

ALLERGENS

Contains: Mustard (mustard oil)

Free from: Gluten, Dairy, Egg, Soy, Peanut, Tree nuts, Shellfish

- Mustard-free: Use rapeseed oil; the curry will be milder in character.

TOO BUSY TO COOK?

We cook this in our Richmond kitchen every evening from 4pm. Order collection or delivery at jaflongtandoori.online, or call 020 8332 1339. Catering for 10 to 200 guests:

jaflongtandoori.online/catering/hub