

# THE BRITISH COOKBOOK



PHAIDON

CHICKEN BALTI



UNITED KINGDOM

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Balti is named after the wok-style pan in which it's cooked, which literally means 'bucket'. Made popular in Pakistani-owned restaurants (mainly in Bradford and Birmingham), balti pans are set over large stoves with vertical jet flames. The cooking style is a fast stir-fry, and many say that the recipe is based on the Balti cooking style of Baltistan. This is an area of northern Pakistan that borders with China, where it is said that the wok-style pan influences come from. This particular recipe is better suited to home kitchens rather than restaurant settings.

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Serves: 4–6

Prep time: 15 minutes

Cook time: 25 minutes



- 2 tablespoons vegetable oil
  - 1 teaspoon cumin seeds
- 1 teaspoon garlic purée (or 1 clove garlic, crushed)
  - 1 teaspoon grated ginger
- 200 g/ 7 oz chicken breast, cut into 5 cm/ 2 inch chunks
  - 2 large tomatoes, finely chopped
  - 1 tablespoon tomato purée (paste)
    - 2 tablespoons plain yogurt
    - ½ teaspoon chilli powder

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- ½ teaspoon ground black pepper
- ¼ teaspoon ground turmeric
- 1 tablespoon fenugreek leaves
- 1 tablespoon unsalted butter
- salt
- To garnish:
  - 5 cm/ 2 inch piece fresh root ginger, peeled and cut into very thin sticks
- 1 handful coriander (cilantro) leaves, chopped
  - 2 green chillies, finely chopped
  - 10 mint leaves, chopped
  - ½ lemon

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- \* Heat the oil in wok-style pan over a medium heat, add the cumin and allow to splutter for 30 seconds. Add the garlic purée and grated ginger and fry for another 30 seconds, or until the raw smell of garlic disappears. Add the chicken and fry for 3–4 minutes, or until sealed all over. Add the tomatoes and cook for 5–7 minutes until softened, then add the tomato purée (paste) and yogurt and cook for 8–10 minutes until the oil starts to separate.
- \* Add the chilli powder, black pepper, turmeric, fenugreek leaves and salt to taste, then cook for another 5–7 minutes until the chicken is cooked. Add the butter before turning off the heat and letting the butter melt.
- \* Before serving, add the fresh ginger, chopped coriander (cilantro), chillies and mint, then squeeze the lemon on top and stir through.