

Kuku Na Nazi (Tanzanian Coconut Chicken)

<p>Equipment:</p> <p>Measuring cups and spoons 4 small bowls Large bowl Large heavy based saucepan Chopping boards Large knives Grater Wooden spoon</p>	<p>Ingredients:</p> <p>¼ cup oil (sunflower, olive or canola) 2 medium onions, thinly sliced 4 large garlic cloves, pressed 3 tablespoons very finely chopped or grated fresh ginger (5cm piece) 1 tablespoon ground coriander 1 teaspoon ground cumin 1 teaspoon ground turmeric 1 teaspoon chili powder 2 teaspoons salt 1 cup crushed tomatoes (from a can) 12 chicken thighs, skin removed & trimmed of fat, and sliced into very thin pieces. 2 jalapeno peppers (seeds and membranes discarded), finely chopped 1 can unsweetened coconut milk (shake well before opening) Lemon wedges (to serve on the side)</p> <p>Topping</p> <p>1/2 cup chopped coriander</p>
--	--

What to do:

1. Prepare all ingredients as described in the ingredient list
2. Heat oil in a large heavy based pot over medium heat until hot but not smoking. Add onions and cook 5-7 minutes until softened and starting to brown.
3. Add garlic and ginger and stir for 20 seconds.
4. Add dry spices and stir for 20 seconds.
5. Add chopped tomatoes and chicken thighs. Cook, stirring, for 5 minutes to cook spices and flavour the chicken.
6. Add coconut milk and chopped jalapeños. Stir to mix. Bring to a boil, then lower heat, cover, and simmer 30-35 minutes, until chicken is cooked through. Let chicken sit for a few minutes. Excess fat will rise to the surface and you can skim some of it off with a spoon.
7. Serve in deep bowls, and sprinkle with coriander.