

WHAT'S ON

Murgh (Chicken) and Geelafi Seekh Kebab

COOL CUISINE

The Flavors of India

January 16, 2006

From the outside, OriginIndia appears to be no different than any other ethnic eatery inside a strip mall. Open the door, though, and find yourself transported to an elegant restaurant with a warm, inviting décor. Here is a recipe for one of the chef's specialties: Murgh (Chicken) and Geelafi Seekh Kebab



Ingredients:

2 lbs ground minced chicken
3 Tbs butter for basting
3 Tbs cashew paste
1/4 c cottage cheese (paneer)
2 tsp cumin powder
1 tsp garam masala (cumin, coriander, black peppercorn, cardamom, cloves, cinnamon and nutmeg)
4 tsp garlic paste
6 tsp of chopped ginger
3 finely chopped green chilies
3 tsp chopped cilantro
1 splash lemon juice
2 tsp finely chopped onion
1 whisked egg
1 tsp white pepper powder
1 tsp crushed red chilies
Salt to taste
For Coating on Seekh Kebab:
2 tsp red bell pepper
2 tsp green bell pepper
2 tsp yellow bell pepper
2 tsp chopped seedless tomato
2 finely chopped cilantro

Directions:

1. Add the whisked egg, cumin powder, crushed chilies, white pepper, salt and lemon juice to the minced, browned chicken and mix well. Set aside for 15 minutes.
2. Add cashew paste, chopped ginger, green chilies, garlic paste cilantro, onion, cottage cheese and garam masala to the chicken and mix well.
3. Divide the mixture into 8 equal portions and roll into balls. Skewer each ball of minced chicken, and with a wet hand spread along the length of the skewer so that each kebab is about 10 centimeters long and 4 centimeters apart from each other.
4. Mix the bell peppers with the seedless tomato and cilantro and gently press over the skewers from top to bottom.
5. Roast in hot oven for 8-10 minutes. Baste with melted butter and bake until golden brown.