

Achari Murgh

Chicken cooked with pickling spices, tomato and chilli

Ingredients

(Serves 4)

750gms Chicken on the bone skinless medium sized pieces

3 tbsp mustard oil or vegetable oil

1 tsp fenugreek seeds

1 tsp mustard seeds

1 tsp cumin seeds

1 tsp fennel seeds

½ tsp nigella seeds or onions seeds

4 dried whole red chillies

2 tbsp ginger garlic paste

1 large white onion finely sliced

1 ½ tbsp tomato puree

½ tsp turmeric powder

2 tsp red chilli powder

100 mls water

100mls lightly beaten yoghurt

1 tbsp lemon juice

Salt to taste

Chopped coriander to garnish

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A very synonymous North Indian curry and I have to say its one of my favourites. I cook this regularly and so far can get enough detail. The preparation is typically like any Indian curry but with ingredients that pack a punch and very comforting. This dish has been made in the north, particularly places like Rajasthan for a long time. As the weather in the north of India is quite warm, curries such as this using pickling spices, enhance the flavour whilst helping to preserve the food for longer. Mustard oil in this dish makes the chicken rich and moist but even vegetable or sunflower oil can be used as an alternative.

The yoghurt makes the gravy thick which helps coat all the chicken pieces evenly. Tailor the heat your requirement by using a little less of the whole red chillies and the chilli powder. Like any other meat dish, if this is made a little in advance the taste develops and is much nicer. But I'm not one for waiting around, so once cooked its good to eat straight away mopped up with warm rotis or even a green peas pulao & some raita to accompany.

Method

1. In a heavy bottom sauce pan heat the mustard oil. Add the fenugreek seeds, mustard seeds, cumin seeds, fennel seeds and nigella seeds. Sauté until they start to sizzle and pop for a min or so. Also add the whole red chillies, stirring to make sure they don't burn.
2. Add the sliced onion and fry until light brown in colour and have softened for about 8-10 mins. To the pan now add the ginger/ garlic paste frying for a few seconds. Mix well. Stir in the tomato puree, turmeric powder and chilli powder. Cook for a couple of minutes till the oil leaves the sides of the pan.
3. Add the chicken pieces cooking on a medium heat to make sure the pieces are sealed and coated in the gravy for 5-7 mins. Add the water and bring the curry to a boil, then simmer covered on a low heat cooking for 20 mins until the chicken is cooked through and succulent, stirring a couple of times



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4. At this stage, add the yoghurt and stir, making sure not to let it split and continue cooking on a low heat with the lid on for 5-7 minutes. Add salt and lemon juice to taste. Garnished with coriander. Serve hot with roomali roti or naan, bhajiy.

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Maunika Gowardhan

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Name

aidan clark • 6 months ago

Hi, when you call for tomato puree, do you mean the stuff you get in tubes? Sometimes recipes that say puree mean more of a passata-type thing. Thanks.

10 ^ | v • [Reply](#) • [Share](#)

Maunika Gowardhan Mod → aidan clark • 6 months ago

Yes. Either tinned or tubes. Its a concentrate so add the colour and thickness required. If you get good quality fresh tomatoes you can replace with them.

^ | v • [Reply](#) • [Share](#)



Zara • a year ago

I just wanted to say I am so happy I tried this recipe. It's one of the best recipes I've ever cooked. I never knew you could make something so delicious with such simple ingredients and a simple method. Thank you so much! What other recipes are your favourites please?

1 ^ | v • [Reply](#) • [Share](#)

Maunika Gowardhan Mod → Zara • a year ago

Thank YOU! That is wonderful to hear and so thrilled to be able to share the recipes with you.

1 ^ | v • [Reply](#) • [Share](#)

TJ Welsh • 3 months ago

love this recipe, i am going to make it again and would like to make it for a larger group. how would i adjust to double this recipe? ive heard that doubling a recipe doesnt mean doubling the ingredients list

^ | v • Reply • Share ›

Maunika Gowardhan Mod → TJ Welsh • 3 months ago

Yes although add the same amount of spices and chilli to taste!

^ | v • Reply • Share ›



susan frazer • 10 months ago

What type of mustard seed for chicken achare Murphy and what type of dried red chilli as I have small dried bird's-eye?

^ | v • Reply • Share ›

Maunika Gowardhan Mod → susan frazer • 9 months ago

Black mustard seeds and dried mild red chillies.

^ | v • Reply • Share ›



John Taylor • a year ago

Tried this last week it was very good ,going to cook tonight but plan to use fresh tuna in place of chicken

^ | v • Reply • Share ›

Maunika Gowardhan Mod → John Taylor • a year ago

Enjoy!

^ | v • Reply • Share ›

Brian Provan • a year ago

Just had this tonight. Lovely lovely dish. Really proves these dishes are every bit as nice when cooked at home. This will be the start of cooking a lot more of your recipes. Thank you.

^ | v • Reply • Share ›

Maunika Gowardhan Mod → Brian Provan • a year ago

Huraah!! So wonderful to hear this and delighted to hear you've enjoyed it:)

^ | v • Reply • Share ›

Andrea Brown • a year ago

Hi I am just in the process of making this but have just noticed it is black mustard seeds I have used the lighter ones. Will it make much difference?

^ | v • Reply • Share ›

Maunika Gowardhan Mod → Andrea Brown • a year ago

Shouldnt do...Black/ brown mustard seeds are commonly used in curries.

^ | v • Reply • Share ›

Andrea Brown → Maunika Gowardhan • a year ago

Thanks. Will be making this again tonight with black mustard seeds.

^ | v • Reply • Share ›



Tony • 2 years ago

Recipe was top notch. Along with the cauliflower pilau recipe, which I made a day before so it eases up the process. I thought I might have made a curry that wasnt worthy. Iv made a pathia which was ok but needed some work, then made a tikka masala, even though I dont really like a proper one (compared to other choices) This tikka masala wasnt much like a restaurants, so not nice. Disheartened by my experiences, this dish was like having quality restaurant food but also questioning if its better than a dish Iv ever been made. So it might even be a favourite dish ever. I had some decent mango chutney on the side and its nice mixed but I forgot the original flavour, so separation is good. Thanks Maunika.

^ | v • Reply • Share ›

Maunika Gowardhan Mod → Tony • 2 years ago

Great to hear this!

^ | v • Reply • Share ›



Tony → Maunika Gowardhan • a year ago

Ah. Just thought Id say. The curries I made previous. The Pathia and tikka masala wernt from your page. Iv only made the

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above. Thanks though. Its nice. You can add too much oil. I will add you guess how much oil and next time I will add yeghna in stages so I dont add too much (100 ml can be difficult to measure in a jug) I will add tbsps and then determine my heat. I will make another dish from you. (http://maunikagowardhan.co.uk/)

^ | v • Reply • Share ›

Kev Spencer • 2 years ago

Just tried this one - amazing flavours!

^ | v • Reply • Share ›

Maunika Gowardhan Mod → Kev Spencer • 2 years ago

Thank you!

^ | v • Reply • Share ›

Vimal Tailor • 2 years ago

Made this last week, family loved it. Such an easy recipe to follow, thanks.

^ | v • Reply • Share ›

Maunika Gowardhan Mod → Vimal Tailor • 2 years ago

Lovely to hear this!

^ | v • Reply • Share ›

thatmashguy • 2 years ago

Bit confused. Where is the achar in the recipe.

^ | v • Reply • Share ›

Maunika Gowardhan Mod → thatmashguy • 2 years ago

The 'achari' ingredients used in pickling a variety of dishes across India are the whole spices which are common to so many recipes. This is why the dish is known as Achari Murgh.

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thatmashguy → Maunika Gowardhan • 2 years ago

Well that was fantastic. Looking forward to making it for my parents now. Thank you.

^ | v • Reply • Share ›

Maunika Gowardhan Mod → thatmashguy • 2 years ago

Wonderful to hear that! Thank you:)

^ | v • Reply • Share ›

thatmashguy → Maunika Gowardhan • 2 years ago

oh okay, I guess I'm just used to Achar Chicken having the actual achar in the dish. Will give this a go.

^ | v • Reply • Share ›

Chris Sandiford • 2 years ago

I've tasted and seen this recipe with mango chutney and other vinegar based pickles in it. Without them, does this still have the tanginess associated with the dish?

^ | v • Reply • Share ›

Maunika Gowardhan Mod → Chris Sandiford • 2 years ago

This hails from Rajasthan and every region will have a slight variation. Your probably referring to a Punjabi/ North Indian recipe. The curry most definitely has the required tanginess especially as this uses yoghurt and tomato puree. Enjoy:)

^ | v • Reply • Share ›



mmegha • 2 years ago

How many people does the given recipe serve? I am planning to cook this for a dinner for 7, how should I scale?

^ | v • Reply • Share ›

Maunika Gowardhan Mod → mmegha • 2 years ago

Serves 4 so can be doubled easily!

^ | v • Reply • Share ›



Ayesha Datta • 2 years ago

Hi Maunika, thanks for the recipes. Super! So I have tried a few recipes and my issue is the onion. I have fried for over 20 mins in some cases but the onion is still pretty visible at the end of the cooking process. I tried frying and then blending the onion but I thought that doing

cases but the onion is still pretty visible at the end of the cooking process. I got rid of some of amazing fragrances of whole spices that were fried with the onion. Suggestions? Should I fry the onion on its own, blend and then fry the blended onion with whole spices?

^ | v • Reply • Share ›

Maunika Gowardhan Mod → Ayesha Datta • 2 years ago

Thank you for your comment. Frying/ blending onions would depend on each individual recipe! The onions in this recipe need to be softened and not browned completely. Also they will continue to cook even when you've added the spices, tomato and chicken.

^ | v • Reply • Share ›

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Maunika Gowardhan Mod → Neha Dubey • 2 years ago

Lovely to hear this Neha!

^ | v • Reply • Share ›

Molly 42 • 2 years ago

Hi, I have a few questions here! Firstly, can I use boneless chicken thighs? Also if I was to do this in my slow cooker how long would I cook it for? How many does this recipe serve and can I avoid the yogurt as I really don't like it. Otherwise it sounds delish!!

^ | v • Reply • Share ›

Maunika Gowardhan Mod → Molly 42 • 2 years ago

Yes you can use boneless chicken thighs. Yoghurt is a good addition as its creamy without being too heavy like cream. The spices need to be fried so best done over a hob. Enjoy the curry!

^ | v • Reply • Share ›

Nina • 2 years ago

Can this be made in the slow cooker?

^ | v • Reply • Share ›

Maunika Gowardhan Mod → Nina • 2 years ago

Yes ofcourse!

^ | v • Reply • Share ›

Prakriti • 2 years ago

Hi Maunika, I'm relatively new to cooking so was just wondering if just 1.5 tablespoons of tomato puree would be enough or if I should add more as the chicken curries I have made have usually asked for about a cup of puree. Thanks!

^ | v • Reply • Share ›

Maunika Gowardhan Mod → Prakriti • 2 years ago

Thank you! I use a tomato concentrate so it does suffice:) Hope you like the recipe.

^ | v • Reply • Share ›

Divya Talreja Ramnani • 2 years ago

Tried this recipe today with paneer, turned out perfect. Thank you for such a wonderful recipe.

^ | v • Reply • Share ›

Ant • 2 years ago

Hi Maunika

This is the third recipe of yours I have made. The other two are Lucknowi Achari Gobi and Spicy Keralan Chicken Curry. Both were superb - I loved the Keralan chicken curry before I even made it, as I have a curry tree in my garden, and wanted a recipe that could really use fresh curry leaves. The achari spice mix is fantastic, and that led me to the chicken version. Also, you introduced to me a secret weapon - mango powder. I never would have discovered or used such an amazing ingredient if it wasn't for you. Thanks for your wonderful blog and it's recipes. My 20 year old vegetarian son is coming home from University for a few months - I will get him to cook some of your veg recipes and he will, I'm sure, post his positive comments after he has finished being wowed by the taste.

By the way, I haven't eaten this curry yet, as I took your advice to let it stand and let the flavours develop. I will post tomorrow, after me, my partner, my brother and his wife have eaten.

^ | v • Reply • Share ›

Abyann Mohammed • 2 years ago

Hi there,

Could you alternatively add ground spices rather than the seeds my husband does not like the texture of them in the curry.

Thanks.

(<http://maunikagowardhan.co.uk/>)



^ | v • Reply • Share ›

Maunika Gowardhan Mod → Abyann Mohammed • 2 years ago

Yes ofcourse! Add all the whole spices mentioned in a pestle and mortar and add to your cooking pan. It always works for me. Cx
they are really whole when added to the curry. Enjoy:)

^ | v • Reply • Share ›



Netty • 2 years ago

Thank you Maam for the lovely recipe. tried it out and it was simply yummylicious

^ | v • Reply • Share ›

Maunika Gowardhan Mod → Netty • 2 years ago

Glad to hear that!

^ | v • Reply • Share ›



Rachel • 2 years ago

Whenever I add yougurt to the curry it splits what can I do to avoid this?

^ | v • Reply • Share ›



Craig Stewart → Rachel • 2 years ago

Rachel. Try stirring a little of you curry sauce into the yoghurt and then adding it to your cooking pan. It always works for me. Cx
1 ^ | v • Reply • Share ›

nishant panigrahi → Craig Stewart • 2 years ago

You can also mix 1/2 tsp began(gram flour) to the curd while beating it. That should help. Also stir the curd in as soon as you put it in the curry. Hope that works!

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9 comments • 2 years ago

Aleksandra — It war really good, but I had one problem. When I was frying the paneer, after 30-40 seconds the oil started ...

Christmas Giveaway with Indian Kitchen!

29 comments • a year ago

♪ **Alison M** ♪ — Following on twitter. I would love to win this hamper as I don't cook enough Indian food and my husband ...

Gobi Matar ki Sabzi

3 comments • 8 months ago

Maunika Gowardhan — Thank you!!:)

Goan Prawn Ambotik

5 comments • a year ago

Maunika Gowardhan — This recipe is from a family friend hailing in Panjim:)

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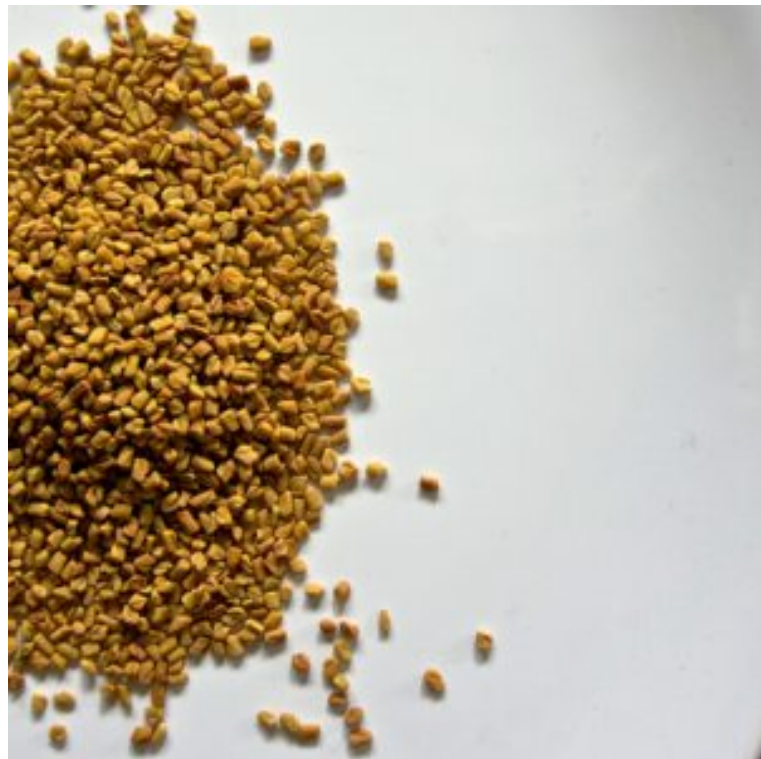
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Spices Used in Recipe



Turmeric powder (Haldi)

(<http://maunikagowardhan.co.uk/spice-pantry/turmeric/>)



Fenugreek Seeds (Methi Dana)

(<http://maunikagowardhan.co.uk/spice-pantry/fenugreek-seeds/>)

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Black onion seeds (Kalonji)

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Fennel seeds (Saunf)

(<http://maunikagowardhan.co.uk/spice-pantry/fennel-seeds/>)

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Kashmiri red chilies (Dorhi Mirch)



Cumin seeds (Jeera/ Zeera)

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