**Chicken Champaran**

Prep time: 4 hours Cook time: 30 min

**Ingredients:**

* 250g chicken (bone-in thigh and leg preferred)
* 1 onion, ground to a coarse paste
* 8 garlic cloves, whole or lightly crushed
* 1 tsp mustard oil
* 2 tbsp curd
* ½ tsp turmeric, ½ tsp chili powder
* ½ tsp coriander powder
* ¼ tsp garam masala
* 1 dry red chili (optional)
* Salt to taste
* 1 pinch hing (asafoetida)

**Instructions:**

1. In a bowl, combine chicken with onion paste, garlic, curd, oil, and all spices. Mix thoroughly.
2. Cover and marinate for at least 4 hours (or overnight in the fridge).
3. Transfer the marinated chicken to a heavy-bottomed pan (preferably a small handi).
4. Cover with a tight-fitting lid. You can seal the edges with whole wheat dough for a more traditional touch.
5. Cook on low flame for 20–25 minutes without opening. Shake the pot occasionally to prevent sticking.
6. Break the seal (if used) and stir gently. Cook uncovered on low flame for another 10–15 minutes to reduce and intensify the gravy.
7. The dish should release its own oil and have a rich, roasted flavor.
8. Serve hot with millet rotis or hand-pounded rice.