**Coorg Gawti Chicken**

Prep time: 20 min Cook time: 40 min

**Ingredients:**

For the Marinade:

* 500g free-range chicken (bone-in, skinless)
* ½ tsp turmeric powder
* 1 tsp red chili powder
* 1 tbsp lemon juice
* Low sodium salt to taste

For the Masala:

* 1 tbsp coconut oil
* 1 tsp mustard seeds
* 1 sprig curry leaves
* 1 large onion, finely chopped
* 1 tbsp ginger-garlic paste
* 2 green chilies, slit
* 2 medium tomatoes, chopped
* 1 tsp coriander powder
* 1 tsp cumin powder
* 1 tsp black pepper powder
* 1 tsp garam masala
* ½ cup fresh coconut, grated
* 1 tbsp black vinegar (or tamarind extract)
* Fresh coriander leaves for garnish

**Instructions:**

**Marinate the Chicken**

1. Mix the chicken with turmeric, red chili powder, salt, and lemon juice.
2. Let it rest for at least 30 minutes (or refrigerate for up to 2 hours for deeper flavor).

**Prepare the Masala**

1. Heat coconut oil in a pan. Add mustard seeds and let them splutter.
2. Add curry leaves, chopped onions, and saut√© until golden brown.
3. Stir in ginger-garlic paste and green chilies; cook until fragrant.
4. Add tomatoes and cook until soft and mushy.

**Cook the Chicken**

1. Add coriander powder, cumin powder, black pepper powder, and garam masala.
2. Mix in the marinated chicken and cook for 5-7 minutes, stirring occasionally.
3. Pour in 1 cup of water, cover, and let it simmer for 25-30 minutes until the chicken is tender.

**Finish with Coconut & Vinegar**

1. Add grated coconut and Coorg black vinegar (or tamarind extract).
2. Simmer for another 5 minutes until the flavors meld together.

**Garnish & Serve**

1. Sprinkle fresh coriander leaves on top.
2. Serve hot with brown rice, millets, or whole wheat chapati for a healthy meal.