



Chicken Chettinad Curry

INGREDIENTS

- ◆ 1 kg chicken, washed and cut into medium sized pieces
- ◆ 1 cup chopped onions
- ◆ 1 cup chopped tomatoes
- ◆ 1/2 tsp turmeric powder
- ◆ 10-12 curry leaves
- ◆ 1 cup coconut milk
- ◆ Coriander leaves for garnish
- ◆ Salt to taste
- ◆ 2 to 3 tbsp oil



1. cumin seeds, coriander seeds, peppercorns, fennel seeds, red chillies, cardamom, cinnamon and curry leaves on medium heat stirring constantly for 2 to 3 minutes.
2. Cool and grind into powder.
3. Make a paste of ginger, garlic, green chillies and poppy seeds. Keep aside.
4. Heat oil in a heavy bottom vessel, add the chopped onions and curry leaves and sauté until onions are transparent.
5. Add the ground paste and cook for a minute before adding the chicken and cook on high heat for approx 4 minutes. Keep stirring the chicken once in a while.
6. Reduce to medium heat, add salt, turmeric powder and tomatoes. Mix well. Let the chicken cook uncovered for about 4-5 minutes.
7. Add the coconut milk and transfer the contents to a pressure cooker. Pressure cook for 4 minutes or for one whistle. Open lid and mix well.
8. Finally, add the ground garam masala powder and cook for 3 more minutes. Turn off heat and garnish with fresh coriander leaves.

MAKE A PASTE WITH

- ◆ 2 green chillies
- ◆ 8 garlic flakes
- ◆ 1tbsp ginger
- ◆ 1 tsp poppy seeds

- ◆ 3/4 tsp fennel seeds
- ◆ 1 1/2 tbsp coriander seeds
- ◆ 6-8 dry red chillies
- ◆ 2 cardamoms
- ◆ 1 stick cinnamon
- ◆ 6-7 curry leaves
- ◆ 1/2 tsp oil

ROAST AND MAKE A POWDER WITH:

- ◆ 1/2 tsp peppercorns
- ◆ 1/2 tsp cumin seeds

METHOD

1. Take a griddle, add one tsp oil and roast the

To submit your recipe along with original picture, write to info@citymasala.com.

FENG SHUI FOR YOUR HOME



Feng Shui is an ancient Chinese art and science that believes in trying out simple tips to maneuver the environment and the energy around you in a way that benefits you the most. This manipulation can help you in areas of health, wealth, a more well balanced domestic life and can also help in eliminating stress from your daily life. Feng Shui deals with the placement of a house in relation to its landscape, of a room in the house, of doors, windows, furniture and accessories. Here are some tips to invite and promote the good things in life into your home and to eliminate the negative energies or at the very least, to minimize them.

Feng Shui has a controlling 'chi' or a life force energy as its ultimate aim. The *chi* is of two types: *Yang*, which is dynamic and expanding; and *Yin* which is receptive and contracting. A balance of these two types of energies is essential to a harmonious and prosperous home.

The five basic elements should all be in balance:

- ◆ Metal - as represented by metal base lamps
- ◆ Water - as represented by tabletop fountains and aquariums
- ◆ Wood - as represented by wooden furniture and flooring
- ◆ Fire - as represented by candles, fireplaces and gas-stoves
- ◆ Earth - as represented by pottery and indoor plants and flower arrangements

According to Feng Shui, the area of a home or a room is divided into nine parts in an octagon or square shape - eight equal wedges and a center. The central position is for health while the other eight aspects correspond to marital relations, children, help from others, success in career, education, love within the family, money and fame respectively. A problem in any one of these aspects

may indicate a need to change the arrangement of the room in that particular area.

Mirrors and smooth reflective finishes are meant to increase good 'chi'. Do not hang them in front of a door as this can make the *chi* bounce off the home.

Wind chimes or moving objects represent the wind element and their pleasing sound is also believed to be therapeutic.

Green plants signify life and energize the area but dead flower arrangements are not recommended.

Money will flow in with water elements represented by fountains, fish tanks, images of water, a

sailing ship model in artificial or real gold pointing inward in the wealth aspect of the home.

Single guys and girls seeking a perfect mate should display photos or paintings of couples while those who want children should put up pictures that have children in them.

In the bedroom, position the bed so that you can see the door easily and not opposite it. The headboard should have a solid wall instead of a window for support at the back. Beds should not have beams or canopies above them and mirrors should not reflect the bed in them.

Bathrooms should be clean and airy and should not face the entrance of the house.

Sofas in the living room should be placed so that you can see everybody upon entering the room. Keep minimal furniture with clear pathways. Round coffee tables and ottomans and furniture with rounded corner are preferable.

In the kitchen, cooking frequently invites wealth in the home. The person who cooks should easily be able to see people who enter the kitchen - place mirrors if this is not the case in your kitchen.