

KASHMIRI CHICKEN THIGHS

(from the Bewitching Kitchen)

2 tablespoons olive oil
2 medium shallots, minced
4 whole cardamom pods, lightly crushed
1 cinnamon stick
2 tablespoons finely grated fresh ginger
2 tablespoons tomato paste
1 tsp kashmiri chili
1/2 tsp cumin
1/2 tsp paprika
5 bone-in, skinless chicken thighs
1 tsp salt
1 cup water
1/2 cup yogurt, full-fat
1 tsp cornstarch
fresh cilantro, to serve

Heat the oil in a pressure cooker (or your Instant Pot using the sauté function), add the shallots, cardamom pods, cinnamon stick and salt. Cook until the shallots are soft and fragrant. Add the ginger, tomato paste, chili, cumin, and paprika. Cook for about 1 minute, add 1 cup of water, gently stir, then add the chicken pieces.

Close the pan and cook in full pressure for 12 minutes, then let the pressure reduce naturally for 15 minutes. Release any pressure left (running water over the lid or doing whatever method is called for in the Instant Pot), open the pan and remove the chicken pieces to a serving bowl, keeping it tented with foil. Remove the cinnamon stick and cardamom pods, then reduce the sauce by simmering for 10 to 15 minutes. Mix the yogurt with cornstarch, add to the simmering sauce, return the chicken to the pan, and simmer it all together for a few minutes, until the sauce is slightly thickened. Sprinkle fresh cilantro. Serve over rice or with your favorite side dish.