

Chicken Bhuna (Bangladeshi Thick Chicken Curry)

Bangladesh - rich, reduced sauce - serves 4-6 - about 45-60 minutes



Photo: Lambros

Ingredients

- 700-900 g chicken thighs or drumsticks (skinless preferred)
- 2 onions, thinly sliced
- 3 garlic cloves, minced
- 2-3 cm fresh ginger, grated
- 2 tomatoes, chopped (or 1 can chopped tomatoes)
- 2 tbsp oil
- 1 tsp turmeric
- 1 1/2 tsp ground cumin
- 1 1/2 tsp ground coriander
- 1 tsp paprika or mild chili powder, to taste
- 1/2 tsp garam masala (optional but good)
- Salt
- A splash of water, only as needed
- To finish: fresh coriander and a lemon wedge

Steps

- 1 Heat oil in a wide pan. Add onions and cook for 10-12 minutes until golden.
- 2 Add garlic and ginger; cook for 30 seconds.
- 3 Add turmeric, cumin, coriander, paprika, and garam masala if using. Stir for 30 seconds.
- 4 Add tomatoes and salt; cook for 5-7 minutes until thick and jammy.
- 5 Add chicken and stir well. Cook for 8-10 minutes, turning regularly, until the sauce starts to cling.

- 6 Add small splashes of water only if the pan becomes too dry. Continue cooking and stirring often until the sauce is thick and glossy and the chicken is cooked through - about 20-25 minutes total.
- 7 Taste, adjust salt, and finish with fresh coriander and lemon.

Notes

- Bhuna means 'fried down': reducing the sauce until it clings to the chicken is the key step.
- Serve with basmati rice, plain yogurt, lemon, and a simple cucumber-tomato salad.
- Boneless chicken thighs cook a little faster; start checking after about 15 minutes of the final cooking stage.