

PARTRIDGE GHASSI

Kori Ghassi is a Mangalorean dish whose title means literally "Chicken Curry", and this recipe is essentially one by Maunika Gowardhan. Of course, hailing from a southern, coastal region the curry is characterised by the flavours of coconut, curry leaves, coriander seed and tamarind but in this version, on-the-bone partridge joints replace the chicken. The dish is served with paratha bread and a green leafy vegetable dish typical of Karnataka, Soppu Palya, normally made with amaranth leaves but here made with seasonal chard.

INGREDIENTS (SERVES 2-3)

- ❖ 3 partridges, jointed, skinned, on the bone
- ❖ 4 garlic cloves, peeled and roughly chopped
- ❖ ¼ tsp turmeric
- ❖ 1½ tbsp coconut or vegetable oil
- ❖ 7-8 curry leaves
- ❖ 50g red onion, finely chopped
- ❖ 150-200ml game or chicken stock, or water
- ❖ Salt to taste
- ❖ Pinch of ground cinnamon
- ❖ Pinch of ground cloves
- ❖ Lime juice (¼ - ½ lime), to taste
- ❖ *Ghassi Masala*:
2 tbsp desiccated coconut, 2 tsp vegetable oil, 50g thinly sliced red onion, 8 dried Kashmiri chillies, 10 black peppercorns, 1½ tbsp coriander seeds, 1 tsp cumin seeds, ¼ tsp fenugreek seeds, 2 tsp tamarind paste, 150ml coconut milk

DIRECTIONS

1. Blitz the garlic cloves in a blender with sufficient water to make a thin paste. Marinate the partridge joints in half of this paste along with the turmeric and a pinch of salt for an hour or so.
2. Meanwhile dry-fry the spices for the *Ghassi Masala* over a medium heat until aromatic then remove and allow to cool. In the same pan toast the desiccated coconut until golden and add to the spices. When cool grind to a powder in a spice or coffee grinder.
3. To complete the *Ghassi Masala* fry the onions in the oil over a low heat for 8-10 mins until dark brown. When cool enough transfer to a blender along with the spice powder, tamarind paste and coconut milk. Blend to a smooth paste.
4. For the curry, heat the oil in a sauté pan and, when hot, add the curry leaves and the chopped onion. When the onions are cooked but not caramelised add the remaining garlic paste and fry briefly.
5. Add the marinated partridge pieces to the pan and fry for 5 mins or so to seal the meat. Add the *Ghassi Masala* and continue to cook for a further 2 mins. Add the stock or water, salt to taste and bring to a boil then cover and simmer gently for 20-30 mins until the partridge is cooked.
6. Before serving stir in the ground cinnamon and ground cloves and lime juice to taste.



Partridge Ghassi, Chard Palya, Steamed Rice, Lemon Pickle and Paratha

SEASONAL SIDE

CHARD PALYA

Prepare 400g chard by cutting stalks into 1" lengths and shredding the leaves. Wash well and drain.

Heat 1 tbsp of cooking oil in a large saucepan, sauté pan or wok. Add 1 tsp black mustard seeds, 5-6 peeled and bashed garlic cloves, 2 dried red chillies and 15 curry leaves. Sauté these ingredients until fragrant then add the chard stalks and stir fry for a minute (add a splash of water if the spices might burn). Next add the chard leaves and stir regularly adding a splash of water as necessary to help them start wilting. When the chard does start to wilt season with salt to taste, cover and cook over a medium heat until the chard is very soft, again adding a sprinkle of water now and then if required. Allow to cool slightly, check the seasoning then sprinkle over 1½ tbsp coarsely ground peanuts and serve.