

Nepali Spiced Almond Chicken (Masaledar Badami Kukhura)

(Barely adapted from “The Nepal Cookbook” by the Association of Nepalis in the Americas.)

(Serves 4-5)

Active time – **Day 1:** 15 min., **Day 2:** 10 min.

Total time – **Day 1:** 35 min., plus **24 hours marinating time**, **Day 2:** 90 min.

Ingredients:

- ~ 5-6 boneless chicken thighs
- ~ juice of 1 lemon
- ~ 1 tsp. salt
- ~ ½ tsp. cayenne pepper
- ~ ⅔ cup almonds
- ~ 2 cloves garlic, peeled
- ~ 1½ inch fresh ginger, peeled and roughly chopped
- ~ 2 tsp. honey
- ~ ½ tsp. ground cumin
- ~ ½ tsp. ground cardamom
- ~ ½ tsp. ground coriander
- ~ ½ tsp. ground turmeric
- ~ 1 cup plain Greek yogurt

To cook chicken:

- ~ ¼ tsp. saffron threads, soaked in 2 Tbsp. hot water for 10 minutes
- ~ 3-4 Tbsp. butter, melted

How to make it:

1. Make diagonal slits in chicken thighs and place in a medium bowl. Combine lemon juice, salt, and cayenne pepper, then rub this mixture all over the chicken and into the slits. Set aside for 30 minutes.
2. Meanwhile, prepare the marinade: place almonds, garlic, ginger, honey, ground spices, and yogurt into a food processor or blender, and blend until smooth. Pour over the chicken, cover, and chill in the fridge **for 24 hours**.
3. The next day, before cooking the chicken, remove from the fridge to let stand at room temperature for 1 hour.
4. Pre-heat the oven to 400 degrees. Lift the chicken thighs out of the marinade and transfer to a roasting pan or baking dish, reserving the marinade that’s left in the bowl. Pour the soaked saffron threads/water into the reserved marinade and give it a stir, then pour that entire mixture over the chicken. Last, pour the melted butter over the chicken. Then bake in the center of the oven for 25 minutes. Serve warm with rice (I used brown basmati rice here).

Nepali Spiced Kale

(Adapted from recipe for mustard greens in “The Nepal Cookbook” by the Association of Nepalis in the Americas.)

(Serves 4 as a side dish)

Active time: 15 min.; Total time: 20-25 minutes.

Ingredients:

- ~ 2 bunches lacinato/dinosaur/Tuscan kale
- ~ 1 Tbsp. vegetable oil
- ~ 1 Tbsp. ghee (or butter)
- ~ 1 tsp. cumin seeds
- ~ ¼ tsp. ground chili
- ~ 1 tsp. ground cumin
- ~ 1 tsp. fresh ginger, grated (or ½ tsp. ground ginger)
- ~ ¼ tsp. ground turmeric
- ~ pinch of salt
- ~ 3-4 Tbsp. water

How to make it:

1. Rinse, de-stem, and roughly tear the kale leaves.
2. In a medium saucepan (with a tightly fitting lid), heat the oil and ghee, then fry the cumin seeds and ground chili over medium-high heat, until the cumin seeds become golden brown. Add the kale leaves and stir to coat them in the oil/ghee and spices.
3. Add the other spices — ground cumin, ginger, turmeric, and salt — then the water, and stir to coat the kale once again. Cover tightly and cook over medium-low heat for about 10 minutes, lifting the lid only occasionally to give it a quick stir. Serve warm.