



## *Garden Fresh Farm Recipes*

# Jhal-Farezi with Fresh Tomatoes and Bell Peppers

Jhal-Farezi — In Bengali, jhal means “spicy,” and while the origin of farezi remains debated, it may come from the idea of stir-frying or from porbezi, a word implying “fit to eat.” Whatever the root, the result is unmistakably delicious. Bengali cooks elevated leftover roast chicken by tossing it with chiles and spices—suddenly, leftovers became crave-worthy. In a unique twist, the bell peppers (capsicums) are stir-fried separately and added at the end, keeping them vibrant and crunchy. The dish is a flavorful contradiction: as authentic as it is improvised.

### **Ingredients:**

- 6 tbsp neutral oil
- 2 Indian bay leaves
- 2 cinnamon sticks
- 2 dried whole red chiles
- 3 lb boneless, skinless chicken thighs, cut into cubes
- 1 large white onion, cut into cubes
- Salt to taste
- 1 tbsp garlic paste
- 2 tbsp ginger paste
- 1 tbsp red chili powder
- 1 tbsp Kashmiri red chili powder
- 1 tbsp ground coriander
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 6 tbsp tomato paste
- 2 fresh tomatoes, quartered
- 1 3/4 cups warm water
- 1/2 tsp sugar

### **PEPPERS**

- 2 tbsp vegetable oil
- Red onion, cut into cubes
- 1 green bell pepper, cored, seeded, cut into cubes
- 1 red bell pepper, cored, seeded, cut into cubes





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### **GARNISH**

Bunch of cilantro leaves, chopped  
2 fresh green chiles, deseeded and chopped

### **Directions:**

**Infuse the Oil** - In a deep saucepan or wok with a lid (you'll need the lid later), heat the oil over medium-high heat until it shimmers. Add the bay leaves, cinnamon sticks, and dried red chiles. Stir for 2–3 minutes to infuse the oil with their flavors.

**Brown the Chicken** - Add the chicken pieces and cook until browned on all sides.

**Build the Base** - Add the chopped onion, salt, garlic paste, and ginger paste. Continue frying for 3–4 minutes. Stir in the ground spices (adjust the chili powder to your heat preference 1/2 tablespoon for standard heat, 1 tablespoon for bold heat). Reduce the heat to medium-low and stir continuously, uncovered, for 10 minutes.

**Add Tomatoes and Simmer** - Mix in the tomato paste, chopped fresh tomatoes, and warm water. Bring to a boil. Once boiling, cover the pan with a lid, reduce to a simmer, and cook for 10 minutes.

**Stir-Fry the Peppers Separately** - Meanwhile, in a separate skillet, heat a bit of oil over medium heat. Add sliced onions, followed by the bell peppers. Stir-fry until the peppers are vibrant and just tender—still crisp, not soft. Remove with a slotted spoon and spread on a plate to stop further cooking.

**Finish the Chicken** - Remove the lid from the chicken pan and increase heat to high. Stir-fry until most of the liquid evaporates and the gravy thickens. Stir in the sugar and check that the chicken is fully cooked.

**Combine and Serve** - Add the cooked peppers and onions to the chicken mixture and toss everything together. Taste and adjust seasoning as needed.

**Garnish and Enjoy** - Serve hot, garnished with chopped cilantro and fresh green chiles. Best enjoyed with rice or flatbread to soak up the bold, tangy flavors.

See RizzieFarms recipe for Indian Jasmine Rice with Green Cardamom Pods.