

Chicken Curry

INGREDIENTS

Curry:

2 lbs. cooked chicken thigh meat
1 c. chicken stock
4 lg. onions, chopped
4 cloves garlic, chopped
¼ c. fresh ginger root, minced
2 T. olive oil
1 T. granulated garlic
1 T. granulated onion
½ c. coconut milk
½ c. garam masala (see recipe)
1 large carrot, peeled, quartered, ¼" slices
1 c. cauliflower, cut into florets
¼ c. frozen peas
Green onions, cilantro for garnish
S&P to taste

Easy Garam Masala:

2 T. ground cumin
1 T. ground coriander
1 T. ground cardamom
1 T. ground pepper
2 t. ground cinnamon
1 t. ground cloves
1 t. ground nutmeg
Mix together. Store in an airtight container or use immediately. Makes ½ cup.

PROCEDURE

Cook the onions in olive oil in a skillet over medium heat until beginning to brown. Add garlic and ginger. When caramelized, remove from heat and process in food processor.

Return mixture to the skillet with more oil over medium heat. Add granulated onion, garlic and garam masala and cook one minute. Add chicken meat, stock and coconut milk. Mix well and simmer over low heat 10-12 minutes. Add carrots, cauliflower and peas and let heat through.

Serve hot over cooked basmati or favorite rice.
ENJOY!

NOTE FROM KENNY

This dish is easy and has especially complex flavor if you make your own garam masala rather than using a standard curry powder.

