CREAMY CHICKEN CURRY

Serves 4-5

500-600 g chicken pieces 2 mL turmeric

(½ piece per person) 4 mL chili powder

30 mL **ghee** (clarified butter) 5 mL ground coriander

**OR** vegetable oil 160 mL coconut cream or milk

½ med. onion, minced 4 mL garam masala

2 clove garlic, minced 2 hard cooked eggs

1 slice ginger (½ cm), minced 20 mL toasted sliced almonds

30 mL almond meal (ground almonds) ½ lime

parsley or coriander (cilantro) to garnish

**Read recipe through and divide tasks amongst group members. You must work quickly!**

1. Prepare hard-cooked egg (see instructions below/over). You may do the 2 eggs for both pairs/groups in the same small pot.
2. Prepare rice (one recipe per unit). See instructions on reverse.
3. Toast the sliced almonds in a dry frying pan over medium heat until fragrant and **JUST** starting to turn golden brown. Be careful as they will burn very quickly once they are brown. Remove from frying pan and set aside.
4. Cut the chicken into 2-3 cm (1-inch) pieces. Using the same frying pan, brown chicken pieces in the ghee or oil over medium heat until evenly golden brown coloured. Remove from pan.
5. Crush/mash the onion, garlic and ginger into a paste in a small mixing bowl, using the back of a wooden spoon. Fry in the same pan until golden (overcooking results in bitterness).

Add almond meal, turmeric, chili powder and ground coriander. Stir & cook for 1-2 minutes.

1. Return the chicken to the pan with the spice mixture and add 200 mL water. **Partially** cover and **simmer** until the chicken is tender, about 15 minutes, turning several times.
2. Stir in coconut cream or milk and garam masala. Carefully add hard-cooked egg pieces (cut into wedges) and heat through evenly.
3. Serve over hot rice and garnish with the toasted almond slices, wedges of lime and sprigs of herbs.

**C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3X1MFWZT\MC900001766[1].wmf**

Vint 2017

**C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\9I068UG2\MC900112826[1].wmfC:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\9I068UG2\MC900112826[1].wmf**

**HARD-COOKED EGGS**

Place eggs in a single layer in a saucepan. Add enough cold water to cover the eggs by at least 1 inch (2.5 cm). Cover and bring to a boil. Immediately remove the saucepan from the heat and keep covered. For hard-cooked eggs, let eggs stand in the hot water for 20 to 25 minutes, then run cold water over eggs to stop the cooking.

For easier peeling of hard-cooked eggs, use eggs that have been in the fridge for at least a week. If a hard-cooked egg is hard to peel, it's because it's really fresh from the farm!! Tap the egg shell all over to crack it, roll the shell between your hands to loosen it, and start peeling from the large end. Hold the egg under running water or dip it in a bowl of water to help ease off the shell.

**BASMATI RICE**

**C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3X1MFWZT\MC900052662[1].wmf(One recipe per 4-5 people)**

**250 mL basmati rice**

**500 mL COLD water**

**1-2 mL salt**

1. Combine/stir together rice, salt and water in a medium-large pot.
2. Bring to a boil on “Hi” (high) heat.
3. As soon as water begins to boil, stir the rice, cover the pot with a tight-fitting lid and turn heat to “Sim” (simmer).
4. Set your timer for 15 minutes and allow rice to cook undisturbed – DO NOT PEEK.
5. After 15 minutes, remove pot from heat and check that all water has been absorbed and rice is tender but firm.
6. Replace lid to contain heat and steam and set aside until ready for use.

**C:\Documents and Settings\mv12438\Local Settings\Temporary Internet Files\Content.IE5\R25VVY4O\MC900331375[1].wmf**