NUTRITION: Lazza's Kitchen

Homemade Chicken Curry

Lazza is still trying out new recipes Today - he makes his first ever Curry



Chicken Breasts (you can make veg version)

Onion and Garlic

Wholegrain Rice

Tin Tomatoes

Tin Coconut Milk

Spices: Turmeric, Mixed Herbs, Coriander:

Garam Masala: Ground Ginger: Paprika: Cumin:

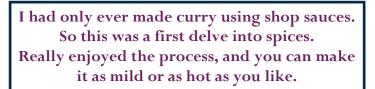
Chili Powder (to taste)

Curry was introduced to English cuisine starting with Anglo-Indian cooking in the 17th century as spicy sauces were added to plain boiled and cooked meats. The 1758 edition of Hannah-Glasse's "The Art of Cookery" contains a recipe "To make a Currey the India Way"

I had the fantastic help of my colleague Luke, who pointed me in the right direction. Thanks matey!!!

- Cook the chopped onion and garlic on a low heat
- Add the tin of chopped tomatoes and just up the heat to get it bubbling
- Add your spices this is to your own taste. The chilli will give it heat, the rest are for taste. I added around half a teaspoon of all except chilli (as I am a mild curry person). I did add slightly extra garam masala and turmeric. It's your curry too - so get inventive. There are other spices you can use.
- Then add the coconut milk.
- Fry your chicken till just cooked through, then add to the sauce.
- Cook for 40 minutes to reduce sauce and make thicker.
- Cook your rice as per instructions (I had a little oil in pan).
- Service up when all is ready and enjoy.





YUMMay

This was very tasty. I've always been nervous with spices. But no longer.



This was a great and very tasty dish to prepare. I stun myself every week. If I can do it, so can you. Try something new!!!