

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.



**I had only ever made curry using shop sauces.
So this was a first delve into spices.
Really enjoyed the process, and you can make
it as mild or as hot as you like.**

**This was very tasty. I've always been nervous
with spices. But no longer.
Have a go yourself, and enjoy!!!!**

**During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
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!!!**