

A Recipe from the Cooking for Life Program:

Chicken Curry

Ingredients

- 1 (3 pound) whole chicken, skin removed and cut into pieces
- 3 onions, chopped
- 1 teaspoon ground cinnamon
- 1 bay leaf
- 2 cloves crushed garlic
- 1/4 teaspoon ground ginger
- 1 teaspoon paprika
- 3 tablespoons curry powder
- 1/2 teaspoon white sugar
- 1/2 lemon, juiced
- 1/2 teaspoon cayenne pepper
- 1 tablespoon tomato paste
- 1 pinch salt
- 1 tablespoon olive oil
- water to cover



Directions

1. Fry the onions in olive oil until browned. Add the cinnamon and the bay leaf. Continue stirring and add the ginger, paprika, curry powder, sugar, salt, and garlic. Continue stirring for 2 minutes. Mixture will become much like a paste.
2. Add chicken pieces and tomato. Add enough water to just cover the chicken. Simmer until chicken is done, about 25 minutes.
3. Just before serving, add the lemon juice and the cayenne pepper. Simmer for 5 more minutes.
4. Serve over rice

Makes 4 to 6 servings

Cooking for Life is a collaboration of the Vermont Campaign to End Childhood Hunger and UVM Extension's Expanded Food and Nutrition Education Program.