

Almond Chicken Curry

This recipe is based on one that I discovered on the BBC food website while searching for something to make with the leftover turkey over Christmas. It is so versatile. You can cook the meat from raw, following the recipe or use up leftover cooked meat by just adding it ten minutes or so before the end. All sorts of fruit and vegetables work well in this curry. I have listed a few variations that I have tried below. A blender or food processor is a must!

Preparation time: 30 minutes Cooking time: 30 minutes Serves: 4

Ingredients

1 onion (chopped)
2 red chillies (medium strength) (deseeded & chopped)
1 tsp. coriander seeds
2 tsp. massaman thai curry paste (or tamarind paste)
1 tbsp. caster sugar
2 garlic cloves (peeled and bruised)
small knob of root ginger (peeled and chopped)
1 tbsp. sunflower oil
500g chicken breast (diced)
3 sprigs of thyme (or 1 tsp of dried thyme)
400ml can of coconut milk
150ml chicken stock
2 large waxy potatoes (peeled and diced)
250g spinach (washed and chopped)*
handful of green beans
bunch of fresh coriander (chopped)
crushed dried red chillies to taste
1 tsp. ground cumin
2 tsp. ground coriander
1 tbsp. ground almonds
1 tsp. desiccated coconut
handful of flaked almonds *substituting 1 apple and a handful of mushrooms for the spinach is a tasty variation

Directions

Into a blender put the onion, fresh chilli, coriander seeds, curry paste, sugar, 1 of the garlic cloves and ginger. Blitz until blended into a paste. Set aside.

Heat the oil in a large frying pan and brown the meat with the other clove of garlic and the fresh sprigs of thyme.

Remove the meat with a slatted spoon and set aside in a bowl. Fish out the garlic and any twiggy bits of thyme. *Warning - a cooked whole garlic clove can look suspiciously similar to a bit of diced chicken!*

In the same pan with the residual oil, cook the blended paste for a few minutes and then return the white meat to the pan.

Add the coconut milk, stock, potatoes, cumin and coriander. (If using apples and mushrooms, add them at this point too)

Cook gently, uncovered, for 20 minutes until the sauce has thickened.

Stir through the spinach with the ground and flaked almonds and desiccated coconut.

Serve with rice.

Fresh Basil ...

<http://freshbasil.weebly.com/recipes>