

Chicken Recipe #5: Bombay Curry In A Hurry

A Note on curry powders:

My nurse, Lata, who grew up in Bombay, recommends three possible brands: 1. DEEP, 2. MDH, and 3. Garam Masala Powder.

YOU'LL NEED

Vegetable oil, ¼ cup

Onion, 1, sliced thin

Curry powder, 1 tbsp.

Salt

Garlic, minced, 4 cloves

Ginger, fresh, grated, 1 tbsp.

Water, ½ cup

Chicken, cooked, shredded, 2 cups

Chickpeas, 15 ounce can, rinsed

Frozen peas, 1 cup

Raisins, ¼ cup

Yogurt, plain, whole milk, ½ cup

Cilantro, fresh, minced, ¼ cup

DIRECTIONS

1. Heat oil in 12 inch, non-stick skillet over medium-high heat until shimmering.
2. Put in onion, curry powder and ½ tsp. salt.
3. Cook 6 minutes.
4. Stir in garlic and ginger.
5. Cook 30 seconds more.
6. Stir in water, chicken, chickpeas, peas, and raisins.
7. Stir frequently and cook for 4 more minutes.
8. Remove skillet from heat.
9. Stir in cilantro and yogurt.
10. Serve.