

Chicken Curry

30 ml canola oil	15 ml coriander seeds
2 finely chopped onions	15 ml garam masala
2 finely chopped carrots	1 pinch ground nutmeg
3 sticks of cinnamon	1 pinch mace
45 ml finely chopped garlic	2 ml ground cayenne pepper/chili powder
30 ml finely chopped ginger	1.36 kg boneless, skinless chicken thighs
1 796 ml can diced tomatoes	250 ml sour cream/yogurt
15 ml salt	500 ml water
8 ml ground black pepper	125 ml chopped fresh cilantro
5 ml turmeric	<u>Serve with:</u>
15 ml cumin seeds	Naan bread/pita bread/rice/mashed potatoes

TOAST cumin and coriander seeds. GRIND toasted seeds (this step is optional – you could just use ground seeds)

In a large skillet, HEAT oil on medium heat. ADD onions and cinnamon. SAUTE for 6 minutes.

ADD garlic and carrots. SAUTE for 4 minutes.

ADD ginger, tomatoes and all seasoning and spices (not cilantro). COOK for 5 minutes.

ADD chicken. STIR well. COOK for 10 minutes.

Add sour cream and water. STIR well. INCREASE heat to medium high.

Bring to BOIL. REDUCE heat to medium.

COVER and COOK for 15 minutes, stirring twice. If meat is not cooked, cook 5 more minutes.

REMOVE cinnamon. ADD cilantro.

For Slow-Cooker:

OMIT oil and 250 ml of water.

ADD everything except sour cream and cilantro. COOK for 4 hours on high.

ADD sour cream. COOK 15 minutes more. REMOVE cinnamon. ADD cilantro

Notes:

Serves 6? Can be refrigerated for 3 days or frozen for 1 month.