



Chicken Curry

Adapted from Best of Bridge Series Cookbooks - The Rest of the Best

3 to 4 pounds boneless, skinless chicken thighs
3 Tablespoons vegetable oil
3 cups chopped onion
1/4 cup minced fresh ginger
5 cloves garlic, minced
4 Tablespoons curry powder (get the good stuff & make sure it's fresh)
1 teaspoon cumin
1/4 teaspoon cinnamon
2 Tablespoons flour
1 cup plain yogurt
3 Tablespoons tomato paste
3 cups chicken broth (low salt please)
1 cup applesauce
1/2 cup sour cream
1/2 cup coconut milk

Condiments - mango chutney, green peas, diced cucumber, diced bananas, currents, shredded coconut, chopped peanuts

Wash and dry chicken; cut thighs in half, and dust with flour. In a large Dutch oven, heat oil over medium high heat and brown chicken well in batches. Set aside. Add onion to pot and sauté until golden brown. Add ginger and garlic and cook about 1 minute, then add curry, cumin and cinnamon. Mix well and cook for 1 more minute. Add flour stirring to incorporate into onion, spice mixture, and add yogurt and tomato paste. Whisk until sauce is smooth. Whisk in chicken broth and applesauce. Heat to boiling, stirring constantly, reduce heat and simmer uncovered for 25 to 30 minutes, stirring occasionally to prevent sticking. Add browned chicken along with any accumulated juices and simmer uncovered for another 25 to 30 minutes or until chicken is tender. Remove pot from heat; add sour cream and coconut milk. Stir to incorporate. Cover pot and let sit for 10 minutes.

Serve over basmati rice with condiments.

Makes 6 to 8 servings.