



## *Madras Chicken Curry*

50mls oil, 3 green chillies chopped, 2 medium onions chopped, 3cm fresh root ginger chopped, 4 cloves garlic chopped, 2 level tbsp Madras Curry Blend, 1kg chicken pieces, 1 tsp black mustard seeds, 1 cup coconut milk, 1 cup tinned tomatoes or water, salt to taste.

Heat the oil until hot and add the mustard seeds, cooking until they splutter. Add the ginger, onion, garlic, and green chillies and fry until soft. Add the Madras Chicken Curry Blend to the pan and stir well. Add the chicken pieces and seal quickly then add the coconut milk, tomatoes and salt. Bring the curry to the boil quickly then simmer until the chicken is done and the gravy has thickened. If you wish to add potatoes to your curry add this half way through the cooking process.

For Vegetable Madras splutter black mustard seeds, cumin seeds and fenugreek seeds (1/3 tsp of each into the hot oil add the beginning).

For Madras Fish and Seafood Curry fry 1 tsp of fenugreek seed instead of black mustard seed and add the fish after the curry has boiled. Then simmer until the fish is done. Fish steaks are best for fish curry as they do not break up.

For Lentils please pre-boil the lentils prior to adding them to your curry.

This curry is excellent for red meat, white meat, seafood, vegetables and lentils. When cooking instead of using coconut milk, water or tomatoes can be used instead for a lower fat curry.