

MAURITIAN CHICKEN CURRY INSTRUCTIONS

You will need: 1" (2.5 cm, ½ Oz or 12.5 gm) fresh ginger, 1 medium onion (8Oz, 225g), 6-8 clove of garlic, 2-3 table spoon (1-1 ½ oz, or 30-45 ml) vegetable, canola, or light olive oil (not extra virgin olive oil), one 12 Oz can of diced tomato (1 ½ cup or 330g) and 2-2.5 lbs. of skin less chicken meat (1Kg).

- Cut approximately 2-2.5 lbs (1 Kg) chicken meat into approximately 1" pieces (2.5 Cm) and keep it in a mixing bowl.
 - Preferred way is to combine onion, garlic, ginger and puree it but you don't have means to make puree then proceed as:
- Chop one medium onion (1 Cup, 8Oz, 225g).
- Mince 3-4 cloves of peeled garlic.
- Fine chop or grate 1" (2.5 cm, ½ Oz or 12.5 gm) of peeled fresh ginger.
- Heat 2-3 table spoon oil (1-1 ½ oz, or 30-45 ml) in a pan on medium hot stove to medium hot temperature (carefully look and you will see moving lines or striation on surface of oil)
- Add whole spices to hot oil in pan, stir and wait till you get nice aroma of spices (10-25 seconds depending on heat, be careful not to char spices). Add onion, ginger and garlic to spices and oil in the pan. Scrape pan with wooden or metal spatula, move simmering mix not allowing it to burn at bottom.
- Wait till you can see reappearance of oil in the pan with onion, garlic, ginger and spices. If you using chopped onions then wait onion gets little translucent.
- Add fine spices to fried onion, ginger and garlic in pan. Mix it well with spatula.
- Add meat and about ½ teaspoon of salt, mix well and let it cook for 5 minutes with occasional stirring.
- Add 1 can (12 Oz, 1 ½ cup or 330g) of diced tomato. Stir contents to mix it well. Cover the pot with lid and let it simmer on low heat. Stir the contents occasionally.
- Taste test by dipping a spoon and tasting the sauce before meat is completely cooked but after sufficient cooking (time will depend on the type of meat, important not to taste test before sufficient cooking). Adjust salt to your taste.
- Simmer till meat is tender. Garnish with fresh Thyme, Chive, Mint or Cilantro leaves and serve to enjoy with breads or cooked rice.