

# Indian Chicken Curry

September 2nd, 2021

**This recipe serves: 4**

Prep Time: 00:30

Cook Time: 01:15

Strictly speaking, Curry is not Indian food, it is British food. With that said, Curry is a great "feel good" meal. Due to the typical long cook times, creating a good Indian Curry can be an all day process. In order to reduce the overall cook time, this recipe prepares the various ingredients separately, then puts it all together for a final simmer. While this is not a traditional preparation for Indian Curry, the flavors are all there to knock the final result out of the park. Serve with Basmati Rice and Naan.

## Ingredients:

- 1 Can (14.5 ounce) Whole Tomatoes, roughly chopped
- 4 Ounces Plain Greek Yogurt
- 2 cloves garlic, roughly chopped
- 1 (1 inch) piece ginger, coarsely chopped
- 3 Small New Potatoes (red skinned)
- 2 Tablespoons Olive Oil
- 1 Onion, chopped into 1 inch squares
- 2 Tablespoons Curry Paste (red or green)
- 1/4 Cup Vegetable Stock, Chicken Stock, or Mire Poix
- 1 pound skinless, boneless Chicken meat, cut into 1-inch cubes
- 3 Tablespoons All-Purpose Flour
- 1 Green Bell Pepper, chopped into 1 inch squares
- 1 Red Bell Pepper, chopped into 1 inch squares
- 1 Yellow Bell Pepper, chopped into 1 inch squares
- 1 Orange Bell Pepper, chopped into 1 inch squares
- 3 Tablespoons (1/4 Ounce) Fresh Cilantro, finely chopped
- 2 Tablespoons Unsalted Butter

## Directions:

Combine Tomatoes (with all the juice), Yogurt, Garlic, and Ginger in blender. Blend until smooth. Set aside for later.

In a small pot, bring water to boil. Add the Potatoes, ensuring they are covered with the boiling water. Boil for 15 minutes, then remove the Potatoes from the water and set aside for later. After the Potatoes have cooled a little, cut each Potato into bite-sized pieces.

In a large frying pan, heat oil over medium heat and sweat the Onion until translucent. Add the Chicken and pan grill, stirring frequently for about 5 minutes

Clear a hole in the center of the Chicken. Add a Teaspoon of Olive Oil and add the Curry paste. Fry until fragrant, about 1 minute.

Mix the Chicken and Onions with the Curry, until the Chicken is fully coated. Add the Potatoes. Add the Tomato mixture to the pan and mix well.

Simmer for 30 minutes, stirring frequently.

In a small bowl, make a Slurry by mixing the Stock and the Flour together.

Add the Red and Green Bell Peppers. Add the Slurry to the pan and continue to boil, stirring frequently for another 10 minutes. The mixture should thicken.

Sprinkle with cilantro and serve.