

Chicken Curry Cookbook

50 Delicious Chicken Curry Recipes
(2nd Edition)

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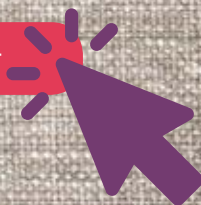
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Kerala Curry

 Prep Time: 20 mins
 Total Time: 1 hr

Servings per Recipe: 8

Calories	542 kcal
Fat	39.3 g
Carbohydrates	29.7g
Protein	18.4 g
Cholesterol	60 mg
Sodium	66 mg

Ingredients

1 (3 lb.) chicken, cut into pieces
1/4 C. vegetable oil
2 onions, chopped
8 cloves garlic, chopped
1/4 C. mild curry powder
2 tbsp hot curry powder

1 tsp ground black pepper
salt to taste
5 russet potatoes, peeled and cut into 1-inch pieces

Directions

1. In a large pan, add the chicken and enough water to cover and bring to a boil.
2. Reduce the heat to medium and simmer for about 20 minutes.
3. Meanwhile in a large skillet, heat the vegetable oil on medium heat and sauté the onion and garlic for about 5 minutes.
4. Stir in both curry powders, black pepper and salt and sauté for about 5 minutes.
5. Transfer the onion mixture into the pan with the chicken.
6. Stir in the potatoes and simmer for about 20 minutes.

SOUTHERN Thai Curry



Prep Time: 25 mins

Total Time: 1 hr

Servings per Recipe: 4

Calories 409 kcal

Fat 28.4 g

Carbohydrates 18.3g

Protein 23.1 g

Cholesterol 69 mg

Sodium 868 mg

Ingredients

2 tsp curry powder
1 tsp curry paste, see appendix
1 (13.5 oz.) can coconut milk
2 tbsp fish sauce
1 tbsp packed brown sugar
1 C. chicken stock
4 chicken thighs, cut into bite size pieces

1/2 C. frozen peas
1/2 C. chopped green bell pepper
1/2 C. chopped carrot
1 tbsp cornstarch
2 tbsp chicken stock
3/4 C. chopped fresh pineapple

Directions

1. Heat a pan on medium-low heat and sauté the curry powder and curry paste for about 2 minutes.
2. Stir in the coconut milk, fish sauce, brown sugar, and 1 C. of the chicken stock and increase the heat to medium-high.
3. Add the chicken thighs, peas, peppers and carrots and bring to a boil.
4. Reduce the heat to low and simmer for about 25 minutes.
5. In a small bowl, dissolve 1 tbsp of the cornstarch in 2 tbsp of the cold chicken stock.
6. Add the cornstarch mixture into the curry, stirring continuously.
7. Stir in the pineapple and simmer for about 5 minutes

Priyanka's Butter Chicken (Murgh Makhani)



Prep Time: 15 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 4

Calories 659 kcal

Fat 43 g

Carbohydrates 34.3g

Protein 37.2 g

Cholesterol 189 mg

Sodium 1507 mg

Ingredients

2 tsp dried red chili pepper, crushed
1/4 tsp ground cinnamon
1/4 tsp ground nutmeg
1/4 tsp ground cloves
1 1/2 tsp garam masala
1 1/2 tsp salt
1 1/2 tsp minced ginger
2 cloves garlic, crushed
5 Roma tomatoes, seeded, diced
1/2 C. plain yogurt

1 lb. skinless, boneless chicken breast, cut into
2-inch cubes
1/2 C. butter
2 red bell peppers, sliced
2 onions, thinly sliced
1/4 C. heavy whipping cream
2 tbsp chopped fresh coriander

Directions

1. In a large bowl, add the ground red chili peppers, cinnamon, nutmeg, cloves, garam masala, salt, ginger, garlic, tomatoes and yogurt and mix till well combined.
2. Add the chicken cubes and coat with the mixture generously.
3. Refrigerate to marinate for about 30-60 minutes.
4. In a large skillet, melt the butter on medium heat and cook the bell pepper slices and onion until the onion for about 5-7 minutes, stirring occasionally.
5. Add the chicken with the marinade and cook for about 5-10 minutes, stirring continuously.
6. Increase the heat to medium-high and stir in the cream and coriander.
7. Bring to boil, stirring continuously and remove from the heat.
8. Serve immediately.





ANGLO-INDIAN

Curry



Prep Time: 30 mins

Total Time: 1 hr

Servings per Recipe: 4

Calories 240 kcal

Fat 9.9 g

Carbohydrates 14.1g

Protein 24.6 g

Cholesterol 59 mg

Sodium 62 mg

Ingredients

2 tbsp vegetable oil
1 tsp cumin seed
2 medium onions, finely chopped
1 tsp ground turmeric
1 tsp cayenne pepper
1 tsp garam masala, see appendix

1 clove garlic, minced
1 tbsp minced ginger
5 peeled, seeded, and chopped tomatoes
1 lb. skinless, boneless chicken breast meat - cubed

Directions

1. In a large pan, heat the oil on medium heat and sauté the cumin seed for about 20 - 45 seconds.
2. Stir in the onion and sauté for about 5 minutes.
3. Stir in the turmeric, cayenne, garam masala, garlic, and ginger and sauté for about 1 - 2 minutes.
4. Remove from the heat and keep aside to cool slightly.
5. In a blender, add the onion mixture and tomatoes and pulse till smooth.
6. In the same pan, add the pureed mixture and chicken and gently, simmer for about 20 minutes. (You can add the water to acquire the consistency of your choice.)

American Curried Chicken Breasts



Prep Time: 10 mins



Total Time: 4 hr 30 mins

Servings per Recipe: 4

Calories 374 kcal

Fat 17.1 g

Carbohydrates 27.6g

Protein 27.8 g

Cholesterol 109 mg

Sodium 563 mg

Ingredients

- 1/3 C. butter, melted
- 1/3 C. honey
- 1/4 C. Dijon-style prepared mustard
- 4 tsp curry powder
- 1 pinch ground cayenne pepper
- 4 skinless, boneless chicken breasts

Directions

1. In a bowl, add the melted butter, honey, mustard, curry powder and cayenne powder and mix till well combined.
2. Arrange the chicken breasts in a 13x9-inch baking dish and top with the honey mixture evenly.
3. Refrigerate, covered for at least 4 hours to overnight.
4. Set your oven to 375 degrees F.
5. Remove the baking dish from the refrigerator and cook in the oven, covered for about 10 minutes.
6. Uncover and cook in the oven for about 10 minutes more.

MANHATTAN

Restaurant Curry



Prep Time: 20 mins

Total Time: 45 mins

Servings per Recipe: 4

Calories 313 kcal

Fat 21.7 g

Carbohydrates 14g

Protein 19.1 g

Cholesterol 38 mg

Sodium 268 mg

Ingredients

3 tbsp olive oil
1 small onion, chopped
2 cloves garlic, minced
3 tbsp curry powder
1 tsp ground cinnamon
1 tsp paprika
1 bay leaf
1/2 tsp grated fresh ginger root
1/2 tsp white sugar
salt to taste

2 skinless, boneless chicken breast halves -
cut into bite-size pieces
1 tbsp tomato paste
1 C. plain yogurt
3/4 C. coconut milk
1/2 lemon, juiced
1/2 tsp cayenne pepper

Directions

1. In a large skillet, heat the olive oil on medium heat and sauté the onion till browned.
2. Stir in the garlic, curry powder, cinnamon, paprika, bay leaf, ginger, sugar and salt and sauté for about 2 minutes.
3. Add the chicken pieces, tomato paste, yogurt and coconut milk and bring to a boil.
4. Reduce the heat and simmer for about 20 - 25 minutes.
5. Discard the bay leaf and stir in lemon juice and cayenne pepper.
6. Simmer for about 5 minutes.
7. Serve hot.

Caribbean Coconut Curry



Prep Time: 20 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 6

Calories 375 kcal

Fat 20.9 g

Carbohydrates 16.7g

Protein 32.2 g

Cholesterol 78 mg

Sodium 807 mg

Ingredients

2 lb. boneless skinless chicken breasts, cut
into 1/2-inch chunks
1 tsp salt and pepper, or to taste
1 1/2 tbsp vegetable oil
2 tbsp curry powder
1/2 onion, thinly sliced

2 cloves garlic, crushed
1 (14 oz.) can coconut milk
1 (14.5 oz.) can stewed, diced tomatoes
1 (8 oz.) can tomato sauce
3 tbsp sugar

Directions

1. Season the chicken pieces with the salt and pepper evenly.
2. In a large skillet, heat the oil and curry powder on medium-high heat for about 2 minutes.
3. Stir in the onions and garlic and sauté for about 1 minute.
4. Add the chicken and gently, stir to combine with the curry oil.
5. Reduce the heat to medium and cook for about 7-10 minutes.
6. Stir in the coconut milk, tomatoes, tomato sauce and sugar and simmer, covered for about 30-40 minutes, stirring occasionally.





NORTH INDIAN

Inspired Curry



Prep Time: 20 mins



Total Time: 1 hr

Servings per Recipe: 6

Calories 427 kcal

Fat 24.3 g

Carbohydrates 14.7g

Protein 38.1 g

Cholesterol 95 mg

Sodium 1370 mg

Ingredients

2 lb. skinless, boneless chicken breast halves
2 tsp salt
1/2 C. cooking oil
1 1/2 C. chopped onion
1 tbsp minced garlic
1 1/2 tsp minced fresh ginger root
1 tbsp curry powder
1 tsp ground cumin
1 tsp ground turmeric
1 tsp ground coriander

1 tsp cayenne pepper
1 tbsp water
1 (15 oz.) can crushed tomatoes
1 C. plain yogurt
1 tbsp chopped fresh cilantro
1 tsp salt
1/2 C. water
1 tsp garam masala
1 tbsp chopped fresh cilantro
1 tbsp fresh lemon juice

Directions

1. Season the chicken breasts with 2 tsp of the salt.
2. In a large skillet, heat the oil on high heat and cook the chicken breasts in the batches till browned completely.
3. Transfer the chicken breasts into a plate and keep aside.
4. In the same skillet, cook the onion, garlic and ginger on medium-high heat for about 8 minutes.
5. Stir in the curry powder, cumin, turmeric, coriander, cayenne and 1 tbsp of the water and sauté for about 1 minute.
6. Stir in the tomatoes, yogurt, and 1 tbsp of the chopped cilantro and 1 tsp of the salt.
7. Add the cooked chicken breasts and 1/2 C. of the water and bring to a boil, turning the chicken occasionally to coat with the sauce.
8. Sprinkle the garam masala and 1 tbsp of the cilantro over the chicken and simmer, covered for about 20 minutes.
9. Serve with a drizzling of the lemon juice.

How to Make Tikka Masala



Prep Time: 15 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 6

Calories 328 kcal

Fat 23.4 g

Carbohydrates 13.2g

Protein 17.9 g

Cholesterol 106 mg

Sodium 980 mg

Ingredients

- 2 tbsp ghee (clarified butter)
- 1 onion, finely chopped
- 4 cloves garlic, minced
- 1 tbsp ground cumin
- 1 tsp salt
- 1 tsp ground ginger
- 1 tsp cayenne pepper
- 1/2 tsp ground cinnamon
- 1/4 tsp ground turmeric
- 1 (14 oz.) can tomato sauce
- 1 C. heavy whipping cream
- 2 tsp paprika
- 1 tbsp white sugar
- 1 tbsp vegetable oil
- 4 skinless, boneless chicken breast halves, cut into bite-size pieces
- 1/2 tsp curry powder
- 1/2 tsp salt (optional)
- 1 tsp white sugar (optional)

Directions

1. In a large skillet, melt the ghee on medium heat and sauté the onion for about 5 minutes.
2. Stir in the garlic and sauté about 1 minute.
3. Stir in the cumin, 1 tsp of the salt, ginger, cayenne pepper, cinnamon and turmeric and sauté for about 2 minutes.
4. Stir in the tomato sauce and bring to a boil.
5. Reduce the heat to low and simmer for about 10 minutes.
6. Stir in the cream, paprika and 1 tbsp of the sugar and again bring to a simmer.
7. Simmer for about 10-15 minutes, stirring occasionally.
8. In another skillet, heat the vegetable oil on medium heat and sear the chicken pieces and curry powder for about 3 minutes.
9. Transfer the chicken with any pan juices into the sauce and simmer for about 30 minutes.

BANGKOK

City Curry



Prep Time: 20 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 472 kcal

Fat 40.9 g

Carbohydrates 14.6g

Protein 27.1 g

Cholesterol 57 mg

Sodium 935 mg

Ingredients

1 lb. skinless, boneless chicken breast halves
- cut into 1 inch cubes
1 tbsp dark soy sauce
1 tbsp all-purpose flour
2 tbsp cooking oil
2 tbsp green curry paste, see appendix
2 green onions with tops, chopped
3 cloves garlic, peeled and chopped

1 tsp fresh ginger, peeled and finely chopped
2 C. coconut milk
1 tbsp fish sauce
1 tbsp dark soy sauce
2 tbsp white sugar
1/2 C. cilantro leaves, for garnish

Directions

1. Coat the chicken with 1 tbsp of the dark soy sauce and then with the flour evenly.
2. In a large skillet, heat the oil on medium-high heat and cook the chicken cubes for about 5 minutes.
3. Transfer the chicken into a plate.
4. In the same skillet, sauté the curry paste on medium heat for about 1 minute.
5. Add the green onions, garlic and ginger and sauté for about 2 minutes.
6. Add the cooked chicken and stir to coat with the curry mixture.
7. Stir in the coconut milk, fish sauce, 1 tbsp of the soy sauce and sugar and simmer for about 20 minutes.
8. Serve with a garnishing of the cilantro leaves.

Pineapple Pepper Curry



Prep Time: 15 mins



Total Time: 50 mins

Servings per Recipe: 6

Calories 623 kcal

Fat 34.5 g

Carbohydrates 77.5g

Protein 20.3 g

Cholesterol 20 mg

Sodium 781 mg

Ingredients

- | | |
|--|--|
| 2 C. uncooked jasmine rice | 1/4 C. white sugar |
| 1 quart water | 1 1/2 C. sliced bamboo shoots, drained |
| 1/4 C. red curry paste, see appendix | 1/2 red bell pepper, julienned |
| 2 (13.5 oz.) cans coconut milk | 1/2 green bell pepper, julienned |
| 2 skinless, boneless chicken breast halves | 1/2 small onion, chopped |
| - cut into thin strips | 1 C. pineapple chunks, drained |
| 3 tbsp fish sauce | |

Directions

1. In a pan, add the rice and water and bring to a boil.
2. Reduce the heat to low and simmer, covered for about 25 minutes.
3. In a bowl, add the curry paste and 1 can of the coconut milk and beat till well combined.
4. Transfer the curry paste mixture into a wok.
5. Add the remaining coconut milk, chicken, fish sauce, sugar, and bamboo shoots and bring to a boil.
6. Cook for about 15 minutes, stirring occasionally.
7. Stir in the bell peppers and onion and cook for about 10 minutes.
8. Remove from the heat and immediately, stir in the pineapple.
9. Serve over the cooked rice.





180-TL

STEAK
SPICES
180-TL

OTTOMAN
SPICES
80-TL

RAZELEL
HANUT
220-TL

CURRY
140-TL

JASMINE
380 TL

POMEGRANATE
TEA
560

CAPE MALAY

Chicken Curry



Prep Time: 20 mins

Total Time: 1 hr

Servings per Recipe: 4

Calories 600 kcal

Fat 33.4 g

Carbohydrates 13.4g

Protein 64.4 g

Cholesterol 199 mg

Sodium 452 mg

Ingredients

1 tbsp olive oil
1 onion, chopped
2 cloves garlic, peeled and chopped
1 bay leaf
1 (14.5 oz.) can whole peeled tomatoes, drained
2 tsp curry powder

1 / 8 tsp salt
1 (2 to 3 lb.) whole chicken, bones and skin removed, cut into pieces
1 (14 oz.) can unsweetened coconut milk
1 lemon, juiced

Directions

1. In a large, heavy skillet, heat the olive oil on medium heat and sauté the onion, garlic and bay leaf till browned lightly.
2. Stir in the tomatoes, curry powder and salt and cook for about 5 minutes.
3. Stir in the chicken and cook for about 15-20 minutes.
4. Reduce the heat to low.
5. Slowly, add the coconut milk, stirring continuously during the period of about 10 minutes.
6. Stir in the lemon juice and serve immediately.

Anjali's Carrot and Zucchini Curry



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 271 kcal

Fat 15.8 g

Carbohydrates 11.2g

Protein 25.4 g

Cholesterol 59 mg

Sodium 147 mg

Ingredients

- | | |
|---|-----------------------------------|
| 2 tsp olive oil | 1/2 C. sliced carrots |
| 1 lb. skinless, boneless chicken breast halves - cut into thin strips | 1 onion, quartered then halved |
| 1 tbsp Thai red curry paste, see appendix | 1 tbsp cornstarch |
| 1 C. sliced halved zucchini | 1 (14 oz.) can light coconut milk |
| 1 red bell pepper, seeded and sliced into strips | 2 tbsp chopped fresh cilantro |

Directions

1. In a large skillet, heat the oil on medium-high heat and cook the chicken pieces for about 3 minutes.
2. Stir in the curry paste, zucchini, bell pepper, carrot and onion and cook for a few minutes.
3. In a bowl, dissolve the cornstarch in the coconut milk.
4. Stir the cornstarch mixture in the curry and bring to a boil.
5. Reduce the heat to medium heat and simmer for about 1 minute.
6. Stir in the cilantro and serve immediately.

BACKYARD

Tandoori



Prep Time: 10 mins



Total Time: 8 hr 55 mins

Servings per Recipe: 8

Calories 349 kcal

Fat 20.5 g

Carbohydrates 5.4g

Protein 34.2 g

Cholesterol 120 mg

Sodium 618 mg

Ingredients

2 (6 oz.) containers plain yogurt
2 tsp kosher salt
1 tsp black pepper
1/2 tsp ground cloves
2 tbsp freshly grated ginger
3 cloves garlic, minced
4 tsp paprika

2 tsp ground cumin
2 tsp ground cinnamon
2 tsp ground coriander
16 chicken thighs
olive oil spray

Directions

1. In a bowl, add the yogurt, salt, pepper, cloves, ginger, garlic, paprika, cumin, cinnamon and coriander and mix till well combined.
2. Rinse the chicken under cold water and with the paper towels, pat dry.
3. In a large resealable plastic bag, add the chicken thighs and yogurt mixture.
4. Seal the bag after squeezing out the excess air.
5. Shake the bag to coat evenly.
6. Refrigerate for about 8 hours or overnight, flipping the bag occasionally.
7. Set your outdoor grill for direct medium heat.
8. Remove the chicken from the bag and discard the marinade.
9. With the paper towels, wipe off the excess marinade.
10. Spray the chicken pieces with the olive oil spray.
11. Cook the chicken thighs on the grill for about 2 minutes per side.
12. Now, arrange the chicken thighs over the indirect heat and cook for about 35-40 minutes.

Classical Korma



Prep Time: 10 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 398 kcal

Fat 27.5 g

Carbohydrates 13.4g

Protein 25.3 g

Cholesterol 95 mg

Sodium 477 mg

Ingredients

- | | |
|--|--|
| 1/4 C. cashew halves | 1 tsp ground cumin |
| 1/4 C. boiling water | 1 tsp ground turmeric |
| 3 cloves garlic, peeled | 1 tsp chili powder |
| 1 (1/2 inch) piece fresh ginger root, peeled and chopped | 3 skinless, boneless chicken breast halves - diced |
| 3 tbsp vegetable oil | 1/4 C. tomato sauce |
| 2 bay leaves, crumbled | 1 C. chicken broth |
| 1 large onion, minced | 1/2 C. heavy cream |
| 1 tsp ground coriander | 1/2 C. plain yogurt |
| 1 tsp garam masala | 1 tsp cornstarch, mixed with equal parts water |

Directions

1. In a small bowl, soak the cashews in the boiling water for about 15-20 minutes.
2. In a food processor, add the garlic and ginger and pulse till smooth.
3. In a wok, heat the oil on medium heat and sauté the bay leaves for about 30 seconds.
4. Stir in the onion and cook for about 3-5 minutes.
5. Stir in the garlic paste, coriander, garam masala, cumin, turmeric and chili powder.
6. Stir in the chicken and cook for about 5 minutes.
7. Stir in the tomato sauce and chicken broth.
8. Reduce the heat and simmer, covered for about 15 minutes, stirring occasionally.
9. Meanwhile in a food processor, add the cashews with the soaking water, cream and yogurt and pulse till smooth.
10. Stir the cashew mixture in the curry and simmer for about 15 minutes, stirring occasionally.
11. Stir in the cornstarch mixture and cook for about 1-2 minutes.





EMERALD ISLE

Curry



Prep Time: 20 mins

Total Time: 1 hr 20 mins

Servings per Recipe: 6

Calories 298 kcal

Fat 8.9 g

Carbohydrates 14.2g

Protein 38.8 g

Cholesterol 111 mg

Sodium 322 mg

Ingredients

3 tbsp butter
2 small onion, chopped
2 apples - peeled, cored and finely chopped
3 tbsp all-purpose flour
1 tbsp curry powder

8 skinless, boneless chicken breasts
1 C. hot chicken broth
1 C. milk
salt and pepper to taste

Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In a pan, melt the butter on medium heat and sauté the apple till tender.
3. Add the curry powder and sauté for about 1 minute.
4. Stir in the flour and cook for about 1 minute.
5. Stir in the broth and milk and remove from the heat.
6. Season the chicken breasts with the salt and pepper evenly.
7. Arrange the chicken breasts in a 13x9-inch baking dish in a single layer.
8. Place the apple mixture over the chicken breasts evenly.
9. Cook in the oven for about 45-50 minutes.

Tuesday Night Curry



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 4

Calories 286 kcal

Fat 9.9 g

Carbohydrates 14.9g

Protein 31.1 g

Cholesterol 88 mg

Sodium 620 mg

Ingredients

4 skinless, boneless chicken breast halves
2 tbsp butter
1 onion, chopped
2/3 C. beer
1 (10.75 oz.) can condensed tomato soup

1 tsp curry powder
1/2 tsp dried basil
1/2 tsp ground black pepper
1/4 C. grated Parmesan cheese

Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In a medium skillet, melt the butter on medium heat and sauté the onion till tender.
3. Stir in the beer, soup, curry powder, basil and pepper.
4. Reduce the heat to low and simmer for about 10 minutes.
5. Arrange the chicken breasts in a 13x9 -inch baking dish in a single layer.
6. Place the onion mixture over the chicken breasts evenly.
7. Cook in the oven for about 50 minutes.
8. Sprinkle with the cheese and cook in the oven for about 10 minutes.

CHICKEN

Curry 101



Prep Time: 10 mins

Total Time: 30 mins

Servings per Recipe: 6

Calories 343 kcal

Fat 24.3 g

Carbohydrates 9.8g

Protein 22.3 g

Cholesterol 62 mg

Sodium 83 mg

Ingredients

1 (3 lb.) whole chicken, skin removed and cut into pieces
3 onions, chopped
1 tsp ground cinnamon
1 bay leaf
2 cloves crushed garlic
1/4 tsp ground ginger
1 tsp paprika
3 tbsp curry powder

1/2 tsp white sugar
1/2 lemon, juiced
1/2 tsp cayenne pepper
1 tbsp tomato paste
1 pinch salt
1/4 C. olive oil
water to cover

Directions

1. In a large skillet, heat the oil on medium heat and sauté the onion till browned.
2. Add the cinnamon, bay leaf, ginger, paprika, curry powder, sugar, salt and garlic and sauté for about 2 minutes.
3. Add the chicken pieces, tomato and enough water to just cover the chicken and simmer for about 20 minutes.
4. Stir in the lemon juice and the cayenne pepper and simmer for about 5 minutes.

Curry Dump Dinner



Prep Time: 20 mins



Total Time: 3 nhr 25 mins

Servings per Recipe: 4

Calories 635 kcal

Fat 37.9 g

Carbohydrates 32g

Protein 45.2 g

Cholesterol 111 mg

Sodium 2231 mg

Ingredients

- 1 tbsp butter
- 1 onion, chopped
- 1 (10.75 oz.) can condensed cream of mushroom soup
- 1 (10.75 oz.) can condensed cream of chicken soup
- 1 (14 oz.) can coconut milk
- 1 packet dry onion soup mix (such as Knorr(R) French Onion Soup Mix)
- 3 tbsp curry powder
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 2 tsp ground cayenne pepper
- 3 large skinless, boneless chicken breast halves
- trimmed and cut into 1-inch pieces
- 1 C. green peas
- 2 C. sliced fresh mushrooms

Directions

1. In a skillet, melt the butter on medium heat and sauté the onion for about 5-10 minutes.
2. In a large bowl, add the cream of mushroom soup, cream of chicken soup, coconut milk, dry soup mix, curry powder, salt, pepper and cayenne pepper and mix till well combined.
3. In the bottom of a slow cooker, place the chicken and top with the soup mixture and onion, peas and mushrooms and stir to combine.
4. Set the slow cooker on High.
5. Cook, covered for about 1 1/2 hours.
6. Now, set the slow cooker on Low and cook, covered for about 1 1/2-2 hours.





PORT AU PRINCE

Fruit Curry



Prep Time: 25 mins

Total Time: 35 mins

Servings per Recipe: 4

Calories 398 kcal

Fat 20.4 g

Carbohydrates 31.1g

Protein 26.5 g

Cholesterol 58 mg

Sodium 179 mg

Ingredients

2 medium mangoes, peeled and sliced,
divided

1 (10 oz.) can coconut milk

4 tsp vegetable oil

4 tsp spicy curry paste

14 oz. skinless, boneless chicken breast halves
- cut into cubes

4 medium shallots, sliced

1 large English cucumber, seeded and sliced

Directions

1. In a blender, add half of the mango slices and coconut milk and pulse till smooth.
2. In a large pan, heat the oil on medium-high heat and sauté the curry paste for about 1 minute.
3. Add the chicken and shallot and cook for about 5 minutes.
4. Stir in the mango puree and cook till heated completely.
5. Stir in the remaining mango slices and cucumber and serve immediately.

Everything Curry Dinner



Prep Time: 15 mins



Total Time: 1 hr 45 mins

Servings per Recipe: 6

Calories 625 kcal

Fat 23.5 g

Carbohydrates 70.7g

Protein 35.4 g

Cholesterol 112 mg

Sodium 716 mg

Ingredients

- | | |
|---|--|
| 1 (3 lb.) whole chicken | 2 1/2 tsp curry powder |
| 4 medium red potatoes, peeled and quartered | 1/2 tsp salt |
| 6 carrots, cut into 1/2 inch pieces | 1/4 tsp red pepper flakes |
| 2/3 C. honey | 1/4 tsp ground ginger |
| 1/3 C. Dijon mustard | 1/4 tsp finely chopped garlic |
| 3 tbsp butter | 12 whole fresh mushrooms |
| 2 tbsp finely chopped onion | 2 apples, cored and quartered (optional) |

Directions

1. Set your oven to 350 degrees F before doing anything else and arrange a rack in a roasting pan.
2. Arrange the chicken onto the rack in the roasting pan, breast side down.
3. Cook in the oven for about 1 hour.
4. Meanwhile in a pan, add the potatoes, carrots and enough water to cover and bring to a boil.
5. Cook for about 20 minutes.
6. In a pan, mix together the honey, mustard, butter, onion, curry powder, salt, cayenne pepper, ginger and garlic and bring to a boil, stirring continuously.
7. Remove from the heat and keep aside.
8. Drain the drippings from the roasting pan.
9. Place the potatoes, carrots, mushrooms and apples around the chicken evenly and drizzle with the honey mixture.
10. Cook in the oven for about 20 minutes.

SOUTH INDIAN

Curry



Prep Time: 15 mins

Total Time: 45 mins

Servings per Recipe: 6

Calories 305 kcal

Fat 15.3 g

Carbohydrates 9.8g

Protein 33 g

Cholesterol 81 mg

Sodium 443 mg

Ingredients

8 bone-in chicken breast halves, skinless
salt and pepper to taste
1 tbsp olive oil
2 onions, peeled and quartered
1 tsp finely chopped fresh ginger root
1 tsp crushed garlic
1 tbsp hot (Madras) curry powder

1 (15 oz.) can tomato sauce
1 (10 oz.) can coconut milk
4 whole cloves
4 pods cardamom
1 cinnamon stick
salt to taste

Directions

1. Rinse the chicken and with the paper towels, pat dry.
2. Season the chicken with the salt and pepper.
3. In a large skillet, heat the oil on medium high heat and sauté the chicken till browned.
4. Transfer the chicken into a bowl and keep aside.
5. In the same skillet, sauté the till translucent.
6. Add the ginger and garlic and sauté till fragrant.
7. Stir in the curry powder.
8. Add the cooked chicken and tomato sauce, coconut milk, cloves, cardamom, cinnamon stick and salt and stir to combine.
9. Reduce the heat to low and simmer for about 20-25 minutes.

Grocery Rotisserie Chicken Curry



Prep Time: 10 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 6

Calories 564 kcal

Fat 22.2 g

Carbohydrates 58g

Protein 32 g

Cholesterol 83 mg

Sodium 631 mg

Ingredients

2 tbsp curry powder
1 tsp ground ginger
1/2 tsp ground cinnamon
1/4 tsp ground cloves
1/4 tsp cayenne pepper
2 tbsp vegetable oil
1 large onion, halved and thinly sliced
3 garlic cloves, minced
1 rotisserie chicken, skinned and boned,

meat pulled into large chunks
1 (13.5 oz.) can light coconut milk
1 (14.5 oz.) can diced tomatoes
1 (14.5 oz.) can chicken broth
To serve:
Cooked basmati rice
chopped fresh cilantro
mango chutney

Directions

1. In a small bowl, mix together all the spices.
2. In a Dutch oven, heat the oil on medium-high heat and sauté the onion for about 8-10 minutes.
3. Add the garlic and sauté for about 30 seconds.
4. Add the spice mixture and sauté for about 30-60 seconds.
5. Stir in the chicken, coconut milk, tomatoes and broth and bring to a boil.
6. Reduce the heat and cook, uncovered for about 20 minutes.
7. Remove from the heat and sprinkle with the cilantro.
8. Serve over the rice alongside the chutney.





CURRY

Paste Soup



Prep Time: 15 mins

Total Time: 35 mins

Servings per Recipe: 4

Calories 596 kcal

Fat 51.2 g

Carbohydrates 18.5g

Protein 22.3 g

Cholesterol 46 mg

Sodium 981 mg

Ingredients

5 tbsp curry paste, see appendix
cooking oil

4 C. coconut milk

2/3 lb. skinless, boneless chicken breast,
cubed

2 tbsp palm sugar

2 tbsp fish sauce

6 kaffir lime leaves, torn

2 fresh red chili peppers, sliced

1/4 C. fresh Thai basil leaves

Directions

1. In a large skillet, heat the oil on medium heat and sauté the curry paste till fragrant.
2. Stir in the coconut milk and bring to a boil.
3. Stir in the chicken and cook for about 10-15 minutes.
4. Stir the palm sugar, fish sauce, and lime leaves and simmer for about 5 minutes.
5. Serve with a garnishing of the sliced red chili peppers and Thai basil leaves.

Punjabi Curry



Prep Time: 20 mins



Total Time: 3 hr 15 mins

Servings per Recipe: 4

Calories 403 kcal

Fat 25 g

Carbohydrates 20.5g

Protein 27.2 g

Cholesterol 100 mg

Sodium 927 mg

Ingredients

- | | |
|--|--------------------------------|
| 1/4 C. plain yogurt | 1 tbsp grated fresh ginger |
| 2 tsp garam masala | 2 green chili peppers, minced |
| 2 tsp paprika | 2 Roma tomatoes, diced |
| 1/2 tsp freshly ground black pepper | 1/2 C. tomato paste |
| 1/2 tsp salt | 1/4 C. water |
| 1/2 tsp cayenne pepper | 1 tsp garam masala |
| 1/2 tsp ground coriander | 1/2 tsp ground coriander |
| 1 lb. skinless, boneless chicken breast - cut into 1-inch strips | 1/2 tsp ground turmeric |
| 3 tbsp vegetable oil | 1/2 C. heavy whipping cream |
| 1 tsp cumin seeds | 1/2 tsp salt |
| 1 large onion, chopped | 1/2 bunch cilantro for garnish |
| 3 cloves garlic, minced | |

Directions

1. In a large bowl, add the yogurt, 2 tsp of the garam masala, paprika, black pepper, 1/2 tsp of the salt, cayenne pepper and 1/2 tsp of the coriander and mix till well combined.
2. Add the chicken strips and coat with the mixture generously.
3. Refrigerate, covered for about 2 hours.
4. Set your oven to 450 degrees F and grease a baking sheet.
5. Arrange the chicken strips onto the prepared baking sheet in a single layer.
6. Cook in the oven for about 10 minutes.
7. Remove from the oven and keep aside.
8. In a large skillet, heat the vegetable oil on medium heat and sauté the cumin seeds for about 3 minutes.
9. Add the onion and sauté for about 4-5 minutes.

10. Stir in garlic, ginger, and green chilis and cook for about 15 to 20 minutes.
11. Stir in the tomatoes, tomato paste and water and cook for about 10 minutes, stirring occasionally.
12. Stir in 1 tsp of the garam masala, 1/2 tsp of the coriander, turmeric, cooked chicken and cream and simmer, covered for about 10 minutes.
13. Season with 1/2 tsp of the salt and remove from the heat.
14. Serve with a garnishing of the cilantro.

Thai Entrée Chicken Curry



Prep Time: 25 mins



Total Time: 35 mins

Servings per Recipe: 4

Calories 269 kcal

Fat 12.3 g

Carbohydrates 6.4g

Protein 30.9 g

Cholesterol 81 mg

Sodium 379 mg

Ingredients

- | | |
|--|-------------------------------|
| 1 tbsp vegetable oil | 1 tbsp grated lemon zest |
| 1 tsp curry paste, see appendix | 1 C. light coconut milk |
| 1 1/4 lb. skinless, boneless chicken breast meat - cut into strips | 1 tbsp fish sauce |
| 1 onion, coarsely chopped | 1 tbsp fresh lemon juice |
| 1 red bell pepper, cut into strips | 1/3 C. chopped fresh cilantro |

Directions

1. In a large skillet, heat the vegetable oil on medium heat and sauté the curry paste for about 30 seconds.
2. Add the chicken and cook for about 3 minutes.
3. Stir in the onion, bell pepper, lemon zest, coconut milk, fish sauce and lemon juice and bring to a boil.
4. Cooked for about 5-7 minutes.
5. Serve hot with the sprinkling of the cilantro.



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AFTER-WORK

Crock Pot Orange Curry



Prep Time: 10 mins

Total Time: 3 hr 10 mins

Servings per Recipe: 5

Calories 342 kcal

Fat 3.6 g

Carbohydrates 45.3g

Protein 33.5 g

Cholesterol 88 mg

Sodium 179 mg

Ingredients

5 (6 oz.) boneless skinless chicken breasts
salt and pepper, to taste
1 (12 oz.) jar orange marmalade
1/2 C. chicken stock

1 1/2 tsp curry powder
1/2 tsp ground cayenne pepper
1 pinch ground ginger

Directions

1. Season the chicken breasts with the salt and pepper.
2. In a bowl, add the marmalade, chicken stock, curry powder, cayenne pepper and ground ginger and beat till well combined.
3. In a slow cooker, place the chicken breasts and top with the marmalade mixture evenly.
4. Set the slow cooker on High and cook, covered for about 3-4 hours, flipping once in the middle way.

Peanut Butter Coconut Curry



Prep Time: 20 mins



Total Time: 55 mins

Servings per Recipe: 4

Calories 690 kcal

Fat 41.2 g

Carbohydrates 47.3g

Protein 38.1 g

Cholesterol 73 mg

Sodium 1221 mg

Ingredients

2 tbsp vegetable oil	3 tbsp tamarind paste
3 tbsp curry paste, see appendix	1/3 C. peanut butter
1 (3/4 inch thick) slice ginger, minced	3 C. peeled, cubed potatoes
1 1/4 lb. skinless, boneless chicken breast meat - cubed	1 (13.5 oz.) can coconut milk
3 tbsp brown sugar	3 tbsp fresh lime juice
3 tbsp fish sauce	

Directions

1. In a large pan, heat the vegetable oil on medium heat and sauté the curry paste and minced ginger for about 2 minutes.
2. Stir in the chicken cubes and cook for about 3 minutes.
3. Stir in the brown sugar, fish sauce, tamarind paste, peanut butter, potatoes and coconut milk and bring to a boil.
4. Reduce the heat to medium-low and simmer, covered for about 20 minutes.
5. Add the lime juice and cook for about 5 minutes.

4-INGREDIENT

Alternative Curry



Prep Time: 10 mins

Total Time: 1 hr 20 mins

Servings per Recipe: 4

Calories 589 kcal

Fat 21 g

Carbohydrates 54g

Protein 47.4 g

Cholesterol 144 mg

Sodium 769 mg

Ingredients

- 1 C. orange marmalade
- 1 tbsp curry powder
- 1 tsp salt
- 1/2 C. water
- 4 bone-in chicken breast halves, with skin

Directions

1. Set your oven to 350 degrees F before doing anything else and lightly grease a 13x9 -inch baking dish.
2. In a small bowl, mix together the marmalade, curry powder, salt and water.
3. Arrange the chicken breasts in the prepared baking dish, cut side down and top with the marmalade mixture evenly.
4. Cook in the oven for about 45 minutes, spooning sauce over chicken occasionally. (If sauce begins to stick to the baking dish you can add about 1/4 C. of the water).
5. Transfer the chicken into a plate.
6. Skim off the fat from the top of the sauce.
7. Serve the hot sauce with the chicken.

Easy Guyanese Potato Curry



Prep Time: 25 mins



Total Time: 1 hr

Servings per Recipe: 8

Calories 574 kcal

Fat 31.4 g

Carbohydrates 36.6 g

Protein 36.1 g

Cholesterol 128 mg

Sodium 1908 mg

Ingredients

3 tbsp vegetable oil
1 (3 lb.) chicken, cut into pieces
1 large onion, diced
6 cloves garlic, minced
4 large potatoes - peeled and cubed

2 tbsp salt
1/4 C. Jamaican curry powder, see appendix
hot pepper sauce to taste

Directions

1. In a large pan, heat the oil on medium-high heat and cook the chicken, onions and garlic for about 5 minutes.
2. Stir in the potatoes, salt, curry powder and enough water to cover the chicken halfway and simmer, covered for about 30-40 minutes.
3. Stir in the hot pepper sauce and remove from the heat.





JAKARTA

Curry



Prep Time: 20 mins

Total Time: 45 mins

Servings per Recipe: 5

Calories 385 kcal

Fat 26.5 g

Carbohydrates 18.1g

Protein 23.3 g

Cholesterol 47 mg

Sodium 801 mg

Ingredients

1/2 C. coconut milk
1 tbsp red curry paste, see appendix
1 lb. skinless, boneless chicken breast, cut in
bite-sized pieces
2 C. coconut milk
3 tbsp fish sauce
1 tbsp brown sugar

3/4 C. bamboo shoots, drained
2 C. frozen mixed vegetables, thawed
1/2 red bell pepper, sliced
1/2 orange bell pepper, sliced
3/4 C. fresh Thai basil leaves
2 tbsp fresh lime juice

Directions

1. In a heavy pan, add 1/2 C. of the coconut milk and bring to a boil.
2. Stir in the curry paste and cook for about 5 minutes.
3. Add the chicken and cook for about 5 minutes.
4. Stir in 2 C. of the coconut milk, fish sauce, sugar, vegetables, bamboo shoots and basil and simmer for about 15 minutes.
5. Drizzle with the lime juice and remove from the heat.
6. Serve warm.

Fruit Curry II



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 6

Calories 261 kcal

Fat 5.7 g

Carbohydrates 16.5g

Protein 33.1 g

Cholesterol 91 mg

Sodium 443 mg

Ingredients

1 tbsp butter	3 tbsp curry paste, see appendix
1 onion, chopped	1/2 C. mango chutney, see appendix
3 cloves garlic, minced	1 (28 oz.) can diced tomatoes, drained
2 lb. skinless, boneless chicken breast meat	
- cut into bite-size pieces	

Directions

1. In a large skillet, melt the butter on medium-high heat and sauté the onion and garlic for about 2-3 minutes.
2. Add the chicken and sauté for about 30 seconds.
3. Add the curry paste and stir to coat well.
4. Add the chutney and tomatoes and cook for about 10 minutes.

BURMA

Curry



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 425 kcal

Fat 23.7 g

Carbohydrates 26.5g

Protein 28.8 g

Cholesterol 79 mg

Sodium 806 mg

Ingredients

1/4 C. vegetable oil
8 shallots, thinly sliced
1 lb. skinless, boneless chicken meat, cut into large pieces
2 tbsp red curry paste, see appendix
1 tbsp curry powder
1/2 C. coconut milk

1/4 C. pureed tomato
2 tbsp fish sauce
1 tbsp palm sugar
2 medium tomatoes, cut into wedges
1 bunch cilantro, chopped

Directions

1. In a large skillet, heat the vegetable oil on low heat and sauté the shallots till tender.
2. With a slotted spoon, transfer the shallots in a bowl and keep aside.
3. In the same skillet, add the chicken, curry paste and curry powder and enough water to cover and bring to a boil.
4. Reduce the heat to low and simmer, covered till the chicken is done completely.
5. Stir in the coconut milk, tomato puree, fish sauce, palm sugar and 1/2 of the tomato wedges and simmer till the mixture becomes smooth and creamy.
6. Stir in the remaining tomatoes and simmer till tender.
7. Serve with a topping of the cilantro and fried shallots.

Easy Malay Curry



Prep Time: 20 mins



Total Time: 40 mins

Servings per Recipe: 2

Calories 361 kcal

Fat 9.1 g

Carbohydrates 42g

Protein 29 g

Cholesterol 66 mg

Sodium 708 mg

Ingredients

- | | |
|--|--------------------------------|
| 1 tbsp vegetable oil | 1 tbsp cornstarch |
| 1/2 lb. skinless, boneless chicken breast, cubed | 1/2 onion, diced |
| 1/2 C. chicken stock | 1 green bell pepper, sliced |
| 1 tbsp soy sauce | 1 red bell pepper, sliced |
| 1 tbsp cider vinegar | 2 tsp minced fresh ginger root |
| 1 1/2 tbsp brown sugar | 1 mango, peeled and cubed |
| 1 tsp curry powder | |

Directions

1. In a large skillet, heat the vegetable oil on medium-high heat and cook the chicken breast till browned completely.
2. Transfer the chicken into a plate.
3. Meanwhile in a bowl, add the chicken stock, soy sauce, vinegar, brown sugar, curry powder and cornstarch and beat till well combined.
4. In the same skillet sauté the onion on medium heat for about 5 minutes.
5. Stir in the green and red bell peppers and cook for about 2 minutes.
6. Add the ginger and cook for about 1 minute.
7. Stir in the chicken stock mixture and cooked chicken breast and cook till the sauce becomes thick.
8. Stir in the mango and cook till heated completely.
9. Serve hot.

THURSDAY'S NIGHT

Curry and Rice



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 379 kcal

Fat 3 g

Carbohydrates 53.8g

Protein 27.1 g

Cholesterol 61 mg

Sodium 347 mg

Ingredients

1 tsp curry powder
1/2 tsp salt
1/4 tsp black pepper
4 skinless, boneless chicken breast halves
1 C. chicken broth
1/2 C. water

1/2 C. white wine
1 C. long-grain white rice
1 tbsp brown sugar
1 tbsp dried parsley
1 C. diced mango

Directions

1. In a large bowl, mix together the curry powder, 1/4 tsp of the salt and pepper.
2. Add the chicken breasts and rub with the mixture generously.
3. In a large, non-stick skillet, add the chicken broth, water, wine, rice, brown sugar, dried parsley, remaining 1/4 tsp salt and mango and stir to combine.
4. Place the chicken breasts over the rice mixture and bring to a boil.
5. Reduce the heat to low and simmer, covered for about 20 - 25 minutes.
6. Remove from the heat and keep aside, covered, for about 5 minutes.

Canadian Curry



Prep Time: 5 mins



Total Time: 35 mins

Servings per Recipe: 4

Calories 546 kcal

Fat 40 g

Carbohydrates 26.4g

Protein 21.9 g

Cholesterol 149 mg

Sodium 292 mg

Ingredients

2 tbsp olive oil	3 cloves garlic
2 tbsp butter	1 tsp sugar
1 large onion, chopped	1/4 C. pure maple syrup
1 red bell pepper, seeded and chopped	1 C. heavy cream
1 yellow bell pepper, seeded and chopped	2 1/2 tbsp hot curry paste
1 green bell pepper, seeded and chopped	
2 C. cubed cooked chicken breast meat	

Directions

1. In a large pan, melt the butter on medium heat and sauté the onion and peppers till tender.
2. Stir in the cooked chicken, garlic and sugar and cook for about 3 minutes, stirring continuously.
3. Stir in the maple syrup and cook for about 5 minutes.
4. Stir in the curry paste and heavy cream.
5. Reduce the heat to low and simmer, uncovered for about 10 - 15 minutes.

I ♥ Curry



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 4

Calories 248 kcal

Fat 16 g

Carbohydrates 10.8g

Protein 13.3 g

Cholesterol 42 mg

Sodium 300 mg

Ingredients

3 tbsp vegetable oil
4 boneless, skinless chicken thighs, cut into bite-size pieces
1 large white onion, finely chopped
2 tbsp ginger garlic paste
2 tbsp curry powder
1/2 (2 inch) stick cinnamon stick, broken into pieces

8 pods whole green cardamom pods
4 bay leaves
6 whole cloves
1 tbsp red pepper flakes
15 whole black peppercorns
2 tsp coriander seeds

Directions

1. In a pan, heat the oil on medium heat.
2. Stir in all the ingredients and simmer, covered for about 30 minutes, stirring occasionally.

Curry Forever



Prep Time: 10 mins



Total Time: 50 mins

Servings per Recipe: 8

Calories 715 kcal

Fat 46 g

Carbohydrates 26.7g

Protein 48.4 g

Cholesterol 173 mg

Sodium 209 mg

Ingredients

- | | |
|-----------------------------------|--|
| 3 cloves garlic, crushed | 1 C. coconut milk |
| 3 small onions, minced | 1 C. milk |
| 1 slice fresh ginger root, minced | 1 C. water |
| 5 tbsp curry powder | 2 large potatoes, cubed |
| 5 tbsp water | 1 (4 lb.) whole chicken, cut into 8 pieces |
| 2 tbsp olive oil | salt to taste |
| 1 C. yogurt | |

Directions

1. In a small bowl, mix together the garlic, onion and ginger.
2. In another bowl, mix together the curry powder and 5 tbsp of the water.
3. In a large skillet, heat the oil on medium - high heat and sauté the onion mixture till browned.
4. Add the curry powder mixture and sauté till fragrant.
5. Stir in the yogurt, coconut milk, regular milk and 1 C. of the water.
6. Add the potatoes and chicken and bring to a boil.
7. Reduce the heat and simmer for about 20 - 25 minutes.
8. Stir in the salt and simmer for about 2 minutes.
9. Serve hot.

CURRY

Chicken Skewers



Prep Time: 15 mins

Total Time: 2 hr 45 mins

Servings per Recipe: 4

Calories 394 kcal

Fat 4.8 g

Carbohydrates 43.7g

Protein 41.5 g

Cholesterol 97 mg

Sodium 96 mg

Ingredients

1/2 C. light mayonnaise
1 tsp minced garlic
1/2 tsp curry powder
1/2 tsp chili powder
1/2 tsp ground ginger
1 1/2 lb. skinless, boneless chicken breast
halves - cubed

1 C. uncooked white rice
2 C. water
8 oz. fresh mushrooms, sliced
1 tomato, diced
3 green onions, chopped
skewers

Directions

1. In a large, shallow dish, mix together the mayonnaise, garlic, curry powder, chili powder and ginger.
2. Add the chicken and stir to combine.
3. Refrigerate, covered for about 2-4 hours.
4. Set your grill for medium-high heat and lightly, grease the grill grate.
5. Remove the chicken from the refrigerator and discard the marinade.
6. Thread the chicken pieces and mushrooms onto skewers.
7. In a pan, add the rice and water and bring to a boil.
8. Reduce the heat to low and simmer, covered for about 20 minutes.
9. Cook the skewers onto the grill for 5 to 10 minutes, flipping occasionally.
10. In a small bowl, mix together the tomato and onions.
11. In a serving plate, place the rice and top with the grilled chicken and mushrooms.
12. Serve with a topping of the onions and tomatoes.

Rustic Village Curry



Prep Time: 20 mins



Total Time: 5 hr 20mins

Servings per Recipe: 6

Calories 381 kcal

Fat 18.2 g

Carbohydrates 22.7g

Protein 33.4 g

Cholesterol 79 mg

Sodium 338 mg

Ingredients

2 lb. skinless, boneless chicken breasts, cut into cubes	1 / 4 tsp salt
2 potatoes, peeled and cubed	1 / 4 tsp ground black pepper
1 onion, chopped	1 red bell pepper, chopped
1 clove garlic, minced	1 tbsp cornstarch
1 (13.5 oz.) can coconut milk	1 tbsp raisins
1 C. chicken broth	1 tbsp flaked coconut
1 / 4 C. curry powder	

Directions

1. In a slow cooker, add the chicken, potatoes, onion, garlic, coconut milk, chicken broth, curry powder, salt and black pepper.
2. Set the slow cooker on Low and cook, covered for about 4 hours.
3. Uncover and stir in the bell pepper.
4. Cook, covered for about 45 minutes.
5. Stir in the cornstarch and cook for about 15 minutes more.
6. Serve with a sprinkling of the raisins and coconut flakes.





DHAKA CITY

Flyover Curry



Prep Time: 25 mins



Total Time: 1 hr 25 mins

Servings per Recipe: 4

Calories 368 kcal

Fat 10 g

Carbohydrates 41.6 g

Protein 27.5 g

Cholesterol 59 mg

Sodium 200 mg

Ingredients

2 tbsp olive oil

2 large onions, diced

1 tbsp ginger-garlic paste

2 large tomatoes, diced

1 tsp cayenne pepper

1 tsp curry powder

1 tsp garam masala

1 tsp ground turmeric

1 tsp ground cumin

4 skinless, boneless chicken breast halves -
cut into bite-size pieces

2 large red-skinned potatoes, chopped

1/2 C. fresh cilantro

Directions

1. In a large skillet, heat the oil on medium-high heat and sauté the onions for about 5 minutes.
2. Add the ginger-garlic paste and sauté for about 5 minutes.
3. Reduce the heat to medium and stir in the tomatoes.
4. Cook for about 5-10 minutes.
5. Stir in the cayenne pepper, curry powder, garam masala, turmeric and cumin and simmer for about 5 minutes.
6. Add the chicken and potatoes and simmer for about 20 minutes, stirring occasionally.
7. Sprinkle with the cilantro and simmer for about 10 minutes.
8. Serve hot.

Saturday Night Moroccan Curry



Prep Time: 30 mins



Total Time: 2 hr

Servings per Recipe: 5

Calories 760 kcal

Fat 34.5 g

Carbohydrates 69.7g

Protein 42.3 g

Cholesterol 109 mg

Sodium 741 mg

Ingredients

2 tbsp smoked paprika	patted dry
1 tbsp chili powder	1 C. chicken broth
7 1/2 tsp curry powder	3 C. water
4 1/2 tsp onion powder	2 tbsp fresh lemon juice
1 1/4 tsp salt	2 tbsp butter
1 tsp garlic powder	2 1/4 C. dry couscous
1/4 tsp ground black pepper	1 tbsp curry powder
1/4 tsp rubbed sage	2 tsp onion powder
1 pinch ground ginger (optional)	2 tsp smoked paprika
2 tbsp fresh lemon juice	1/2 tsp rubbed sage
1/2 C. chicken broth	1/4 tsp garlic powder
1/4 C. vegetable oil	1 bay leaf
1 (2 1/2 lb.) whole chicken, rinsed and	

Directions

1. Set your oven to 400 degrees F before doing anything else.
2. In a bowl, add 2 tbsp of the smoked paprika, chili powder, 7 1/2 tsp of the curry powder, 4 1/2 tsp of the onion powder, salt, 1 tsp of the garlic powder, black pepper, 1/4 tsp of the sage, ginger, 2 tbsp of the lemon juice, 1/2 C. of the chicken broth and vegetable oil and mix till a paste forms.
3. Rub a little of the paste on the in the cavity of the chicken evenly.
4. Rub the remaining paste over the chicken evenly, placing it under the skin where you can.
5. Arrange the chicken into a roasting pan.
6. Cook in the oven for about 90 minutes.
7. In a large pan, add 1 C. of the chicken broth, water, 2 tbsp of the lemon juice and butter

and bring to a boil.

8. In a large bowl, mix together the couscous 1 tbsp of the curry powder, 2 tsp of the onion powder, 2 tsp of the paprika, 1/2 tsp of the sage, 1/4 tsp of the garlic powder and bay leaf.
9. Stir the couscous mixture in the broth mixture and cook for about 3 minutes.
10. Remove from the heat and keep aside covered till serving.
11. Serve the chicken with the couscous.

Northern California Summer Mint Curry



Prep Time: 1 hr



Total Time: 3 hr 45 mins

Servings per Recipe: 8

Calories 552 kcal

Fat 38.4 g

Carbohydrates 28.9 g

Protein 28.9 g

Cholesterol 59 mg

Sodium 612 mg

Ingredients

1/2 C. dried red chili peppers, stems and seeds removed
1/2 C. boiling water
2 C. grated fresh coconut
2 tbsps ground coriander
2 tbsps ground cumin
2 tbsps fennel seeds
1/4 C. peanut oil, divided
1/3 C. sliced almonds
5 stalks lemon grass, trimmed and thinly sliced
1 whole head garlic, cloves peeled and crushed
5 shallots, peeled and roughly diced
1/2 C. peeled and diced fresh ginger root
3 (1 1/2 inch) pieces fresh turmeric root,

peeled and roughly diced
water, or as needed
3 tbsps whole star anise pods
2 (2 inch) sticks cinnamon
2 tbsps whole cloves
2 tbsps whole cardamom pods
1/2 C. diced fresh mint, stems reserved
1/2 C. water
2 lbs boneless, skinless chicken breast halves, cubed
2 tsps kosher salt
1 (14 oz.) can coconut milk
1 lime, juiced
1 pinch kosher salt to taste

Directions

1. Let your chilies sit in boiling water (1/2 C.) for 40 mins. Then remove the liquids.
2. Begin to toast your coconut for 6 mins while stirring then place the coconut in a bowl.
3. Toast your fennel seeds, cumin, and coriander for 2 mins then place the toasted spices to the side.
4. Get your food processor and puree the following: fennel seeds, 2 tbsp peanut oil, cumin, toasted coconut, and coriander.
5. Once the mix is smooth add: turmeric, chili, ginger, almonds, shallots, garlic, and lemon grass.





6. Continue to puree everything to form a paste. Then add a tbsp of water or 2 if you would like to make the mix smoother.
7. Now add the rest of the peanut oil (2 tbsp) to a frying pan and bring to get it hot. Add the mint stems, star anise, cardamom pods, cinnamon sticks and cloves to the oil.
8. Let the spice fry for 3 mins.
9. Now remove all the spices and throw them away.
10. Add the puree to the seasoned oil and cook the mix for 4 mins then add: 2 tsps kosher salt, 1/2 C. water, and the chicken.
11. Cook the chicken for about 12 mins until it is fully done then add in the coconut milk.
12. Get everything boiling and once the mix is boiling, set the heat to low, and let the mix gently cook for 75 mins.
13. Now add the lime juice, mint leaves, and some more salt.
14. Cook everything for 3 more mins.
15. Enjoy.

Kathy's American Curried Chicken



Prep Time: 10 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 18

Calories 315 kcal

Fat 17.7 g

Carbohydrates 17.4g

Protein 22.1 g

Cholesterol 86 mg

Sodium 210 mg

Ingredients

18 cut up chicken pieces
1/4 C. prepared mustard
1 C. honey
3 tbsp curry powder
2 (4.5 oz.) cans mushrooms, drained
1 (4.5 oz.) can mushrooms, drained, liquid reserved

Directions

1. Set your oven to 300 degrees F before doing anything else.
2. In a 13x9 -inch baking dish, arrange the chicken pieces.
3. In a microwave safe bowl, mix together the mustard, honey and curry powder and microwave on High for about 1 minute.
4. Remove from the microwave and stir in the mushrooms.
5. Place the mushroom mixture over the chicken evenly.
6. Cook in the oven for about 45-50 minutes, flipping once after 30 minutes.

APPLE

Quinoa Curry



Prep Time: 30 mins

Total Time: 4 hr 30 mins

Servings per Recipe: 6

Calories 185 kcal

Fat 3.1 g

Carbohydrates 14.4g

Protein 24.4 g

Cholesterol 59 mg

Sodium 75 mg

Ingredients

1 1/2 lb. diced chicken breast meat
3/4 C. chopped onion
1 1/4 C. chopped celery
1 3/4 C. chopped Granny Smith apples
1 C. chicken broth

1/4 C. nonfat milk
1 tbsp curry powder
1/4 tsp paprika
1/3 C. quinoa

Directions

1. In a slow cooker, add the chicken, onion, celery, apple, chicken broth, milk, curry powder and paprika and stir till well combined.
2. Set the slow cooker on Low and cook, covered for about 4-5 hours.
3. In the 35 minutes of the cooking, stir in the quinoa.
4. Serve hot.

Little Bay Yellow Curry



Prep Time: 15 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 412 kcal

Fat 30.7 g

Carbohydrates 11.9g

Protein 26.3 g

Cholesterol 59 mg

Sodium 594 mg

Ingredients

2 tbsp vegetable oil
1 white onion, chopped
2 cloves garlic, crushed
1 lb. skinless, boneless chicken breast
halves - chopped
1 small head cauliflower, chopped

2 1/2 tbsp yellow curry powder
1 tsp garlic salt
1 (14 oz.) can unsweetened coconut milk
1/3 C. chicken stock
salt and pepper to taste

Directions

1. In a large skillet, heat the oil on medium heat and sauté the onion and garlic till tender.
2. Stir in the chicken and cook for about 10 minutes.
3. Stir in the cauliflower, curry powder, garlic salt, coconut milk, chicken stock, salt and pepper.
4. Reduce the heat to low and simmer for about 30 minutes, stirring occasionally.



YAPRAK
BİBER
LEAF CHILLY
1 KG 30 TL

SERZE KURUSU
DRY
VEGETABLE
1 KG 30 TL

TOZACI BİBER
HOT PAPRICA
1 KG 30 TL

YASEMİN ÇAYI
JASMIN TEA

ROSE TEA
GÜL ÇAYI
1 KG 30 TL

ZERDEÇAL
INDIAN
SAFFRON
1 KG 30 TL

TARÇIN ÇAYI
NATURAL CINNAMON
TEA
1 KG 30 TL



CHENNAI Chicken



Prep Time: 25 mins



Total Time: 1 d 45 mins

Servings per Recipe: 4

Calories 356 kcal

Fat 18.8 g

Carbohydrates 13.7g

Protein 35.6 g

Cholesterol 102 mg

Sodium 734 mg

Ingredients

2 lb. chicken, cut into pieces
1 tsp salt
1 lemon, juiced
1 1/4 C. plain yogurt
1/2 onion, finely chopped
1 clove garlic, minced

1 tsp grated fresh ginger root
2 tsp garam masala
1 tsp cayenne pepper
2 tsp finely chopped cilantro
1 lemon, cut into wedges

Directions

1. Remove the skin from the chicken pieces and with a sharp knife, cut slits into each piece lengthwise.
2. In a shallow dish, place the chicken pieces.
3. Sprinkle the chicken with the salt and drizzle with the lemon juice evenly.
4. Keep aside for about 20 minutes.
5. In a large bowl, add the yogurt, onion, garlic, ginger, garam masala and cayenne pepper and mix till smooth.
6. Add the chicken and coat with the yogurt mixture generously.
7. Refrigerate, covered for about 6 - 24 hours.
8. Set your outdoor grill for medium - high heat and lightly, grease the grill grate.
9. Cook the chicken on grill till done completely from both sides.
10. Serve with a garnishing of the cilantro and lemon wedges.

Jamaican Curry Chicken I



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 6

Calories	348 kcal
Carbohydrates	13.8 g
Cholesterol	103 mg
Fat	20.3 g
Fiber	3.1 g
Protein	27.8 g
Sodium	1353 mg

Ingredients

1/4 C. curry powder, divided	3 tbsps vegetable oil
2 tbsps garlic powder	3 C. water
1 tbsp seasoned salt	1 potato, diced
1 tbsp onion powder	1/2 C. chopped carrots
2 tsps salt	2 scallions (green onions), chopped
1 sprig fresh thyme, leaves stripped	1 (1 inch) piece fresh ginger root, minced
1 pinch ground allspice, or more to taste	1 Scotch bonnet chili pepper, chopped, or to taste
salt and ground black pepper to taste	
2 1/4 lbs whole chicken, cut into pieces	

Directions

1. Get a bowl and combine the following: pepper, 2 tbsps curry, salt, garlic powder, allspice, seasoned salt, thyme, onion powder.
2. Cover your chicken with the dry seasoning evenly.
3. Get a frying pan. Get 2 tbsps of curry and oil hot. Heat for 2 mins.
4. Mix in in chicken. Set heat to medium and combine carrot, water, potato, chili pepper, ginger, and scallions.
5. Place a lid on pan and let chicken simmer for 40 mins. Temp should be 165 degrees. Set chicken aside. Let the gravy get thicker if you like, by continuing to heat, otherwise serve.
6. Enjoy.

JAMAICAN

Curry Chicken II



Prep Time: 10 mins

Total Time: 55 mins

Servings per Recipe: 4

Calories 210 kcal

Carbohydrates 6.2 g

Cholesterol 30 mg

Fat 15.4 g

Fiber 2 g

Protein 12.5 g

Sodium 322 mg

Ingredients

1/4 C. vegetable oil
1 onion, chopped
1 tomato, chopped
1 garlic clove, chopped
2 tbsps Jamaican-style curry powder
2 slices habanero pepper (optional)

1/4 tsp ground thyme
2 skinless, boneless chicken breast halves, cut
into 1 1/2-inch pieces
1 C. water
1/2 tsp salt, or to taste

Directions

1. Get a frying pan. Get veggie oil hot.
2. Stir fry habaneros, onion, thyme, tomato, curry powder, and garlic for 7 mins. Add chicken and fry for 5 mins.
3. Add water to the onions and chicken, and set heat to low. Place a lid on pan. Let everything lightly boil for 30 mins.
4. Enjoy.

Apricot Curry



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 6

Calories 261 kcal

Fat 5.7 g

Carbohydrates 16.5g

Protein 33.1 g

Cholesterol 91 mg

Sodium 443 mg

Ingredients

- | | |
|--|--|
| 1 tbsp butter | 3 tbsp curry paste, see appendix |
| 1 onion, chopped | 1/2 C. curry apricot chutney, see appendix |
| 3 cloves garlic, minced | 1 (28 oz.) can diced tomatoes, drained |
| 2 lb. skinless, boneless chicken breast meat | |
| - cut into bite-size pieces | |

Directions

1. In a large skillet, melt the butter on medium-high heat and sauté the onion and garlic for about 2-3 minutes.
2. Add the chicken and sauté for about 30 seconds.
3. Add the curry paste and stir to coat well.
4. Add the chutney and tomatoes and cook for about 10 minutes.





JAMAICAN

Curry Spice Mix



Prep Time: 5 mins

Total Time: 5 mins

Servings per Recipe:	1 cup
Calories	12 kcal
Fat	0.5 g
Carbohydrates	1.8g
Protein	0.5 g
Cholesterol	0 mg
Sodium	2 mg

Ingredients

1/4 C. whole coriander seeds
2 tbsps whole cumin seeds
2 tbsps whole mustard seeds
2 tbsps whole anise seeds

1 tbsp whole fenugreek seeds
1 tbsp whole allspice berries
5 tbsps ground turmeric

Directions

1. Combine the coriander seeds, cumin seeds, mustard seeds, anise seeds, fenugreek seeds, and allspice berries in a skillet.
2. Toast over medium heat until the color of the spices slightly darkens, and the spices are very fragrant, about 10 minutes. Remove the spices from the skillet, and allow them to cool to room temperature. Grind the spices with the turmeric in a spice grinder. Store in an airtight container at room temperature.
3. Get a frying hot without oil, toast the following for 11 mins: allspice berries, coriander seeds, fenugreek seeds, cumin seeds, anise seeds, and mustard seeds.
4. Get a mortar and pestle or your preferred grinder and grind all the toasted spices with turmeric as well.
5. Enter everything into your storage containers.

Garam Masala Spice Mix



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1 cup

Calories 24 kcal

Fat 0.7 g

Carbohydrates 4.1g

Protein 0.8 g

Cholesterol 0 mg

Sodium 6 mg

Ingredients

1/4 C. black cumin seed
2 large bay leaves, crushed
2 tbsps green cardamom seeds
1/4 C. black peppercorns
1 1/2 tsps whole cloves

1 tbsp fennel seed
1 tsp chopped fresh mace
4 cinnamon sticks, broken
1 pinch ground nutmeg

Directions

1. Toast the following in a skillet for 11 mins: cinnamon sticks, cumin, mace, bay leaves. Fennel seed, cardamom, cloves, and peppercorns.
2. With your grinder or mortar and pestle process the spices into a fine powder and store in your favorite container.

CLASSICAL

Indian Curry Paste



Prep Time: 5 mins

Total Time: 5 mins

Servings per Recipe: 1

Calories 225.4

Fat 10.4 g

Cholesterol 0 mg

Sodium 91 mg

Carbohydrates 33.3 g

Protein 8.8 g

Ingredients

2 1/2 tbsps coriander seeds, ground
1 tbsp cumin seed, ground
1 tsp brown mustard seeds
1/2 tsp cracked black peppercorns
1 tsp chili powder

1 tsp ground turmeric
2 crushed garlic cloves
2 tsps grated fresh ginger
3-4 tbsps white vinegar

Directions

1. Get a bowl, combine: coriander seeds, cumin seeds, mustard seeds, black peppercorns, chili powder, turmeric, cloves, and ginger. Stir the mix completely and evenly. Combine in the vinegar and begin to mash everything together into a paste.
2. Place your paste into a jar and seal the lid tightly. Your paste will stay fresh in the fridge for about 3 to 4 weeks.
3. Enjoy.

Simple Homemade Red Curry Paste (Thailand Style)



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 1

Calories 300.4

Fat 3.5 g

Cholesterol 0 mg

Sodium 2368.8 mg

Carbohydrates 71.1 g

Protein 7.5 g

Ingredients

1/4 C. chopped scallion	minced
1/4 C. chopped fresh cilantro	3 tbsps fresh lemon juice
2 tbsps minced garlic	1 tbsp ground coriander
2 tbsps grated fresh gingerroot	1 tsp turmeric
1 tbsp freshly grated lemon rinds	1/2 tsp salt
1 tbsp brown sugar	
1 - 2 fresh red chilies or 1 - 2 green chili,	

Directions

1. Add the following your food processor: scallion, cilantro, garlic, ginger root, lemons / lime, brown sugar, chilies, lemon / lime juice, coriander, turmeric, and salt.
2. Process and pulse everything until it becomes a smooth paste.
3. Enjoy.

CURRIED

Apricot Chutney



Prep Time: 15 mins

Total Time: 1 hr 15 mins

Servings per Recipe: 1

Calories 758.4

Fat 0.6g

Cholesterol 0.0mg

Sodium 38.8mg

Carbohydrates 195.7g

Protein 3.9g

Ingredients

1 medium onion, chopped
1 inch piece gingerroot, peeled and minced
2 C. drained canned apricots
1/2 C. white sugar or 1/2 C. brown sugar
1 C. apple cider or 1 C. rice wine vinegar
3 C. water

1 tsp curry powder
4 cardamom pods
2 inches cinnamon sticks
minced chili pepper (optional)

Directions

1. In a pan, mix together all the ingredients and bring to a boil.
2. Reduce the heat to low and simmer, stirring occasionally for about 90 minutes or till desired thickness of chutney..



MANGO

Chutney I



Prep Time: 20 mins

Total Time: 1 hr 5 mins

Servings per Recipe: 1

Calories 627.2

Fat 2.1g

Cholesterol 0.0mg

Sodium 3748.7mg

Carbohydrates 153.4g

Protein 4.2g

Ingredients

2 lb. very firm mango

2 C. sugar

1.5 C. vinegar

1 (5 cm) pieces ginger, peeled

4 cloves garlic, peeled

2 - 4 tsps chili powder

4 tsps mustard seeds

8 tsps salt

1 C. raisins

Directions

1. Peel the mango and then remove the pit and chop it.
2. In a pan, add sugar and vinegar, leaving about 20ml and simmer, stirring occasionally for about 10 minutes.
3. Meanwhile in a food processor, add remaining vinegar, garlic and ginger and pulse till a paste forms.
4. Transfer the paste into a pan and simmer, stirring continuously for about 10 minutes.
5. Stir in the mango and remaining ingredients and simmer, stirring occasionally for about 25 minutes or till desired thickness of chutney.
6. Transfer the chutney into hot sterilized jars and seal tightly and keep aside to cool.
7. This chutney can be stored in dark place for about 1 year but remember to refrigerate after opening.

Mango Chutney II



Prep Time: 20 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 1

Calories 612.4

Fat 1.0g

Cholesterol 0.0mg

Sodium 16.2mg

Carbohydrates 144.7g

Protein 3.0g

Ingredients

4 medium mangoes, peeled and coarsely
chopped (1.7kg)
3/4 C. port wine, optional
2 large white onions, chopped finely (400g)
1 C. coarsely chopped raisins (170g)
2 tsps grated fresh ginger

2 fresh Thai red chili peppers, chopped finely
2 C. sugar (440g)
3 C. malt vinegar
2 tsps yellow mustard seeds

Directions

1. In a large heavy-bottomed pan, add all the ingredients and simmer, stirring continuously till the sugar dissolves.
2. Simmer, stirring occasionally for about 90 minutes or till desired thickness of chutney.
3. Transfer the chutney into hot sterilized jars and seal tightly and keep aside to cool.
4. This chutney can be stored in dark place for about 6 months but remember to refrigerate after opening.

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