

Chicken (or Turkey) Curry

COVID 19 effected the lives in my household much less significantly than the rest of the country, or at least what I see on the news – outside of the introduction of telework. My wife remained in her normal routine, going to work daily as she had her own office and was able to keep ‘social distance’ by closing her door. I, on the other hand, began to telework nearly everyday for about 6 months. In attempts to eat healthier, and save money, we had already made efforts to explore home recipes before the restaurants shut down. When we did have a craving for something, because lockdown was not ever a complete lockdown, it was available to us in our area of northwest Louisiana. However, my additional time at home, due to telework, did give me more time to be adventurous in the kitchen. This meant, instead of just cooking a quick recipe or a home cooking kit, there were some recipes that we tweaked until it was done to our liking. One of those is Chicken (or Turkey) Curry.

The original recipe has a special place in my wife’s heart as it was something her father prepared each year with the leftover turkey from holiday feasts. I tried some that she brought home from a holiday and was hooked and had to perfect a recipe. After many different attempts, including her father’s recipe, those found online, and tips learned from friends and coworkers I settled on this one and wrote it down in a home notebook (recipe book). Give it a try, we enjoy it.

2 cup	Chicken or Turkey (cooked or raw)
1 tbsp	Curry Powder
2 tsp	cumin powder
2 tsp	coriander powder
¼ tsp	cayenne powder
6 oz	tomato paste
¾ cup	diced onion (yellow or white)
¼ cup	olive oil (used to cook raw meat only)
18 ¼ oz	Thai Coconut Milk (specific brand actually matters for taste)
1 cup	veggies of choice
2 cup	Rice or Noodles

- 1) Mix raw or cooked meat with curry, cumin, coriander, cayenne and tomato paste
 - a. Let rest in refrigerator for at least one hour, longer is expectable.
- 2) If meat is raw add oil to pan or pot, cook until golden brown.
 - a. If not raw add to pan or pot with light coat (1 tbsp) of olive oil and cook until hot
- 3) Add onion and cook until tender.
- 4) Cook rice or noodles if desired.
- 5) Add coconut milk and simmer 10 mins or more until thickened.

- 6) Add vegetables and simmer additional 10 minutes. (Skip if no vegetables desired)
- 7) Remove from heat and serve over rice or noodles.