

Indian Chicken Curry

Ingredients

2 t Salt	1/2 c Vegetable Oil
1 Onion (chopped)	1 T Garlic (minced)
1/4 c Flour	2 lb Chicken Thighs (boneless,
skinless, cubed)	1 1/2 t Ginger (minced)
1 T Curry Powder	1 t Ground Cumin
1 t Ground Turmeric	1 t Ground Coriander
1 t Cayenne Pepper	1 T Water (plus 1/2 cup)
15 oz Crushed Tomatoes	1 c Yogurt
1/4 c Cilantro (chopped)	1 t Garam Masala
1 T Lemon Juice	

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Instructions

1. Sprinkle the chicken with 1 teaspoon salt and mix well. Set aside. Heat the oil in a large skillet over high heat. While the oil is heating coat the chicken in flour. Partially cook the chicken in the hot oil in batches until browned. Transfer the chicken to a plate and set aside.

2. Reduce the heat to medium-high; add the onion, garlic, and ginger to the oil remaining in the skillet and cook until the onion turns translucent, about 8 minutes. Stir the curry powder, cumin, turmeric, coriander, cayenne, and 1 tablespoon of water into the onion mixture; allow to heat together for about 1 minute while stirring.

3. Mix the tomatoes, yogurt, 1 tablespoon chopped cilantro, and 1 teaspoon salt into the mixture. Return the chicken to the skillet along with any juices on the plate. Pour 1/2 cup water into the mixture; bring to a boil, turning the chicken to coat with the sauce.

4. Sprinkle the garam masala and 1 tablespoon cilantro over the chicken.

5. Simmer until the chicken is cooked through, about 10 minutes. Add lemon juice and 2 tablespoons cilantro, mix then serve immediately.