

From the kitchen of David and Jennifer Deaven

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5. Add (G) and serve with rice.
- (F), and simmer 5 min.
4. Add the water/paste, bring to a boil, reduce heat, add do not brown.
3. Add (E) and cook over high heat for a few minutes, but

Meat/Chicken Kurma

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- A: 2T poppy seeds
B: 6 red chillies, seeded
1T coriander seed
1t cumin seed
2c garlic, minced
3-4 green cardamom
1/2C coconut, shredded
- C: 3T oil
1C onions, sliced
- D: 1" candied ginger, minced
- E: 4 chicken breasts, cut into 1" pieces
- F: 1/2C plain yogurt
salt
- G: 1/4C whole milk, as needed
1. Soak (A) in warm water 10min, grind with (B) and add to 1C water.
 2. Heat (C) and saute in pan until translucent. Add (D) and stir for 15 seconds.



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