

*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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