

CURRY POWDER

SPICE BLEND



INGREDIENTS

8 Tbsp coriander seeds

6 Tbsp cumin seeds

1 Tbsp mustard seeds

1 Tbsp fennel seed

4 Tbsp ground cinnamon

8 Tbsp peppercorns

1 Tbsp ground nutmeg

1 Tbsp whole cloves

2 Tbsp ground cardamom

2 Tbsp turmeric

2 Tbsp ground ginger

1 Tbsp cayenne pepper

DIRECTIONS

1. In a dry skillet, add coriander, cumin, mustard and fennel seeds and roast.

2. When half of seeds have popped, add cinnamon, peppercorns, nutmeg, cloves, cardamom, turmeric, ginger and cayenne.

3. Heat until hot.

5. Grind the mixture into a fine powder using a spice grinder or mortar and pestle.

GREEN CURRY PASTE

WET MASALA



INGREDIENTS

2 oz. fresh ginger, peeled
1 1/2 tsp ground turmeric
1 1/2 tsp whole coriander
1 tsp ground cumin
1 tsp ground cayenne
1/2 tsp ground fenugreek
Coconut milk (as needed to form paste)

DIRECTIONS

1. Mix ginger, turmeric, coriander, cumin, cayenne pepper and fenugreek; add enough coconut milk to form a paste.

CHICKEN CURRY



INGREDIENTS

1 onion, small dice
2 cloves of garlic, crushed
1 fl. oz. ghee
4 chicken breasts, diced
8 oz. frozen mixed vegetables, thawed and drained
2 - 4 Tbsp curry powder (previous recipe)
4 tsp green curry paste (store-bought or homemade using previous recipe)
18 fl. oz. coconut milk
1 tsp salt
1 fl. oz. lime juice
2 cups cooked rice

DIRECTIONS

1. Stir-fry onions and garlic in ghee until golden brown.
2. Add chicken and mixed vegetables.
3. Add prepared curry powder spice blend and stir.
4. Add prepared green curry paste and stir-fry for eight minutes.
5. Add coconut milk and salt.
6. Bring mixture to a boil, cover and reduce heat to a simmer.
7. Cook until chicken is done, roughly 45 minutes.
8. Stir in lime juice before serving; serve with rice.