

Chicken Curry



Ingredients:

- 1 Whole Chicken Jointed: Use 200g of Meat (Breast)
- 400g Tin of Chopped Tomatoes or 400g Tin of Coconut Milk
- 200g Vegetables of your choice, e.g. Potatoes, Carrots, Peppers, Mushrooms
- 75g Rice
- 1 Large Onion
- 1 Large Garlic Clove
- 1 Tablespoon Vegetable Oil: School to Provide
- 1 Teaspoon of Coriander Powder
- 1 Teaspoon of Cumin
- 1 Teaspoon of Turmeric
- 1 Teaspoon of Chilli Powder

**Please bring a container to
take your curry home in**

Method:

1. To prepare the chicken: Place the chicken on a red chopping board. Remove the packaging and place in the bin. Using a red handled knife, remove the string from the legs. Joint the whole chicken into breasts, thighs, drumsticks and wings. Select 200g of chicken breast to use for the curry and dice into even size pieces.
2. Store the remaining meat in a sealed container in the bottom of the fridge.
3. Weigh and measure out all ingredients accurately.
4. Place one large saucepan on the front of the hob. **DO NOT** turn on.
5. Prepare all the vegetables of your choice cutting them carefully demonstrating the correct cutting techniques: bridge hold and claw grip.
6. Use a garlic crusher to crush the garlic. Add this to the saucepan.
7. Add 1 tablespoon of oil into the saucepan.
8. Add the onion to the saucepan, gently fry on a low temperature the onion and garlic until soft, this will take approximately 5 to 8 minutes.
9. Then stir in your curry spices to taste (chilli powder, turmeric, cumin and coriander powder). **BE VERY CAREFUL NOT TO BURN.**
10. Now add the diced chicken breast and stir well until coated and sealed.
11. Then add the rest of the vegetables and cook for a further 5 minutes until the vegetables soften. If the mixture becomes dry, add a little more vegetable oil.
12. Add the tinned chopped tomatoes or coconut milk, then put the lid on and simmer for 15 to 25 minutes. The liquid should just cover everything, add water if you do not have sufficient liquid.
13. Meanwhile fill another saucepan $\frac{1}{2}$ full with water, place on the back of the hob and bring to the boil.
14. Carefully add the rice to the boiling water, bring back to the boil and simmer for 10 to 12 minutes.
15. When the rice is cooked, drain the water away using a colander. Use hot water to wash the starch away.
16. When the curry has finished, use a food probe to ensure the chicken has a core temperature of 75°C.
17. Serve the rice on a plate, top with the curry.

