

Chicken Curry

Serves 2-3

This recipe was created by California Culinary Academy student Jaspreet Jodhka, an intern in The Chronicle's test kitchen.

- 3 boneless skinless chicken breasts (about 1½ pounds), cut into 1-inch cubes
- ½ teaspoon kosher salt, plus more to taste
- 1 tablespoon extra-virgin olive oil
- 1 large yellow onion, chopped finely
- 4 cloves garlic, minced
- 1½ tablespoons minced fresh ginger
- 2 teaspoons ground cumin
- 2 teaspoons yellow mustard seeds
- 1½ teaspoons ground coriander
- 1 teaspoon turmeric

- 1 large tomato, diced
- 1 to 2 dried red chiles (depending upon desired heat)
- 1½ tablespoons curry powder
- 2 cups low-sodium chicken broth
- One 2-inch stick cinnamon
- 1 bay leaf
- 1½ cups coconut milk
- 2 teaspoons garam masala
- Freshly ground black pepper, to taste

Instructions: Place the chicken cubes in a medium bowl and salt evenly. Pour olive oil in a 10-inch

nonstick skillet on medium high heat.

When it begins to smoke, add chicken and brown, about 5-7 minutes. Remove to a different bowl and wipe out residue from pan with a paper towel.

In same skillet on medium heat, add chopped onion. Cook until soft, about 3 minutes. Then add garlic and ginger and fry until fragrant, about 2 minutes. Add ground cumin, mustard seeds, ground coriander and turmeric.

Fry for another 2-3 minutes, until mustard seeds begin to pop. Add diced tomato, red chile and

curry powder, stirring constantly to prevent sticking. Reduce heat to low and add the chicken broth, chicken, cinnamon stick, bay leaf and coconut milk.

Stir well, cover and let simmer about 30 minutes, until chicken is cooked through. Remove cinnamon stick and bay leaf. Stir in garam masala, salt and black pepper to taste. Serve with basmati rice or naan.

Per serving: 385 calories, 52 g protein, 15 g carbohydrate, 13 g fat (2 g saturated), 125 mg cholesterol, 526 mg sodium, 4 g fiber.