

One Hundred Almond Chicken Curry

Author: Inspired by a recipe found on the internet, but it's changed significantly



ALMOND SPICE PASTE:

- 4 cloves garlic, peeled
- 2 tablespoons fresh ginger
- 2 tablespoons garam masala
- 1/2 teaspoon ground turmeric
- 1/2 cup almonds, raw
- 3 tablespoons water, or more if needed

CHICKEN AND SAUCE:

- 3 tablespoons canola oil
- 1 large yellow onion, half sliced, half minced
- 1 pound boneless skinless chicken thighs, in bite-sized pieces
- 2 cups light coconut milk
- 2 tablespoons pomegranate molasses
- 1 tablespoon sugar, or sweetener of choice
- Salt and pepper to taste

GARNISHES:

- 3 tablespoons cilantro, minced
- 1/4 cup almonds, minced

Per Serving (excluding unknown items): 436 Calories; 33g Fat (62.9% calories from fat); 21g Protein; 23g Carbohydrate; 5g Dietary Fiber; 54mg Cholesterol; 95mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 5 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons:

<http://tastingspoons.com>

Description: A very nice Indian curry with coconut milk - it's easy and quick to make.

Servings: 4

Notes: Garam masala is very common in Indian cooking - it's a mixture of numerous spices like cumin, coriander seeds, cloves, cinnamon, black pepper, maybe chiles, and nutmeg. It varies from cook to cook, and by region. It's similar to curry powder (which is also a mixture of spices, but different from garam masala), but different. You can buy ready-made garam masala, or make your own (look on the internet for a recipe).

1. In the bowl of a food processor add the garlic and ginger and puree, scraping down the bowl at least once. Add the garam masala, turmeric, almonds and water. Process again until the mixture is a medium-thick paste. Add more water if needed to make it barely pourable. Set aside.
2. In a large, deep saucepan (with a lid) heat the oil and add the onions. Saute until they've begun to turn golden brown, about 5-7 minutes. Add the chicken pieces and saute for about 2 minutes, then add the garam masala paste and coconut milk. If the mixture is too thick add a little more water as needed. Bring to a boil and simmer, covered for about 20 minutes, until the chicken is tender. Add the pomegranate molasses, salt and pepper and sugar, then taste for seasoning. If the mixture is too thin, leave lid off and simmer for a few minutes to reduce and thicken the sauce.
3. Serve over hot rice with cilantro and minced almonds on top.