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## *Colonel Benjamin's Curry Chicken*

Recipe from Nan December 2005 Supper Club

Colonel Benjamin used many spices, rather than a premixed curry powder.

- \* 1 teaspoon salt
- \* 1 teaspoon ground coriander
- \* 1 teaspoon ground cumin
- \* 1 teaspoon chili powder
- \* 1 teaspoon grated peeled fresh ginger
- \* 1/4 teaspoon ground turmeric
- \* 1 teaspoon vegetable oil
- \* 4 cups finely chopped onion
- \* 2 garlic cloves, minced
- \* 3 1/2 cups coarsely chopped peeled tomato (about 1 1/2 pounds)
- \* 2 tablespoons fresh lemon juice
- \* 12 chicken thighs (about 3 pounds), skinned
- \* 1/2 teaspoon salt
- \* 1 1/2 pounds peeled baking potatoes, cut into 1-inch pieces
- \* 1/4 cup chopped fresh cilantro
- \* 2 tablespoons chopped fresh cilantro
- \* 3 cups hot cooked rice
- \* Cilantro sprigs

Combine first 6 ingredients. Heat the oil in a Dutch oven over medium-high heat. Add onion and garlic; cook 15 minutes, stirring frequently. Add the cumin mixture, tomato, and juice. Reduce heat to medium, and cook 10 minutes, stirring occasionally. Sprinkle chicken with 1/2 teaspoon salt. Add chicken and potatoes to pan; stir in chopped cilantro. Bring to a boil; cover, reduce heat, and simmer 50 minutes or until chicken is done. Serve mixture over rice, and garnish with cilantro sprigs.

Yield: 6 servings (serving size: 2 thighs, 1 cup potato curry, and 1/2 cup rice)

NUTRITION PER SERVING CALORIES 449(14% from fat);  
FAT 7g (sat 1.6g,mono 2.1g,poly 1.8g); PROTEIN 34g;  
CHOLESTEROL 115mg; CALCIUM 67mg; SODIUM 735mg;  
FIBER 5.8g; IRON 3.9mg; CARBOHYDRATE 62.6g

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