

Curry Means More

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Illustrated by Geeta Ladi

Shirin's Chicken Curry Recipe

Makes 8 servings

1/4 cup ghee (or cooking oil)
1/4 teaspoon fenugreek seeds
1/4 teaspoon black mustard seeds
1 sprig of curry leaves
2 cups finely chopped onions
3 tablespoons finely chopped garlic
2 tablespoons chopped ginger
1 teaspoon turmeric
1 tablespoon Jaffna curry powder*
2 teaspoons ground coriander
1 teaspoon ground cumin
1/2 teaspoon ground fennel
2 teaspoons sweet paprika
2 teaspoons salt
1 teaspoon pepper
3-4 lbs whole chicken (chopped up, bone-in)
1 cup of yogurt
2 cups chopped tomatoes
2 green chilies, chopped
1 teaspoon brown sugar
1 can of coconut milk (13.5oz or 400ml)
1/2 cup of water
lemon juice to taste

*can be purchased at Sri Lankan/Indian grocers or online

1. Heat ghee or oil in a large saucepan over medium heat. Add fenugreek seeds, mustard seeds, and curry leaves and cook until fragrant.
2. Add onion, garlic, and ginger. Cook until the onion is a deep gold color.
3. Add turmeric, Jaffna curry powder, coriander, cumin, fennel, paprika, salt, and pepper, and stir well to combine.
4. Add chicken to the pan and stir until the chicken is coated. Add yogurt, tomatoes, green chilis, and brown sugar.
5. Cover and cook over medium-high heat for 10 minutes, stirring frequently, then add coconut milk and water and bring to a boil.
6. Lower the heat and cook covered for 20 minutes until the chicken is tender. Add more salt and/or brown sugar, if desired. Turn off the heat and add lemon juice to taste.

Serve with rice or roti.



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Age: 4-8 years | Grade: Preschool - 3

ASTRA YOUNG READERS