

Home Made Chicken Curry

I make this curry paste to my own recipe, it's cheaper than shop bought jars and you know exactly what has gone into it, especially what sort of oil - it's a medium curry flavour, if you want it hotter add more chilli.

You could add other meats or vegetables of your choice - you would need to adjust cooking times though.

Ingredients:

- 3 chicken breasts - cubed
- 1 onion - chopped
- 1 red or green pepper sliced (optional)
- 1 portion of home made curry paste (see below)
- 1 large (14 oz) can tinned plum tomatoes - chopped - to chop them just chop with a sharp knife while still in tin.
- 150g Basmati Rice
- quarter tsp of turmeric powder if you want yellow rice (optional)
- 1 tsp salt
- 3 tbsp Olive Oil

Home made curry paste:

- 1 Tbsp Curry Powder
- Quarter tsp each of - Turmeric, Corriander, Cumin, Paprika, Cayenne powders.
- 1 tbsp Sesame Seeds
- 1 tsp 'lazy chilli' This is available in a jar from most supermarkets, it is good as it keeps well and you don't get the chilli on your fingers! if not available use one finely chopped red chilli)
- 1Tbsp Tomato Puree
- Enough Olive Oil to mix to a paste

Method:

Mix all the curry paste ingredients into a paste using olive oil, it should be a thick paste.

Fry the chopped onion and pepper (if used) in the olive oil until onion is golden.

Add the curry paste to the onion and peppers in the pan and mix well, then add the chicken cubes and stir fry until sealed.

stir in the tin of tomatoes

Bring to the boil, stir, then simmer for 30 minutes or until chicken is cooked.

Bring a large pan of water to the boil so that is it ready approx. 10 minutes before the end of the curry time (need not be exact as the curry will keep warm)

Add the basmati rice, turmeric (if used) and salt to the pan and bring back to the boil, stir, simmer for approx. 10 mins or until the rice is cooked to your liking.

Serve curry and rice with naan bread - cold or warmed under grill.