

Caribbean Chicken with Coconut Rice

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Servings: 4

Preparation Time: 12 minutes

Start to Finish Time: 48 minutes

1/4 cup flour

2 tablespoons curry powder

1 teaspoon salt

3/4 teaspoon pepper

6 (1 1/2 pounds) chicken thighs, skinned, fat trimmed and cut crosswise in thirds

1 can (14 oz) coconut milk

2/3 cup sweetened shredded coconut

1 tablespoon oil

1 1/4 cups uncooked parboiled (converted) white rice

2 cups carrots, shredded

1/4 cup golden raisins

Mix the flour, curry powder, salt and pepper in a large ziptop plastic bag. Add the chicken. Toss to coat.

Shake the can of coconut milk vigorously. Pour into a four-cup measure. Add water to equal three cups.

Stir the coconut in a deep, large nonstick skillet over medium heat for 3 minutes or until golden. Transfer to a small bowl.

Wipe the skillet with a paper towel. Add 1/2 teaspoon of oil and heat over medium-high heat.

Add half the chicken and cook, turning once, 3 to 4 minutes until golden brown. Transfer to a bowl. Repeat with the remaining oil and chicken (save the flour mixture remaining in the bag). Return the other half of the chicken and any juices to the skillet.

Whisk the flour mixture in the bag into the coconut milk mixture. Add to the skillet along with the rice, carrots, raisins and all but two tablespoons of the toasted coconut. Stir to mix well. Bring to a boil.

Reduce the heat. Cover and simmer, stirring two to three times, for 20 to 25 minutes or until the rice is tender and the liquid is absorbed.

Sprinkle with the reserved coconut.

Serving Ideas: Good with wedges of refreshing honeydew melon and a twist of lime.

Per Serving (excluding unknown items): 1969 Calories; 141g Fat (65.3% calories from fat); 143g Protein; 26g Carbohydrate; 5g Dietary Fiber; 678mg Cholesterol; 1181mg Sodium. Exchanges: 1/2 Grain(Starch); 19 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 16 1/2 Fat.