

Curried Chicken or Turkey

Mrs. Dean M. Moseley

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 6

6 tablespoons oil
1 medium onion, chopped
2 tablespoons bell pepper, chopped
4 tablespoons flour
1 1/2 cups chicken or turkey broth
1 1/4 cups sliced mushrooms OR
one six-ounce can of mushrooms
1 1/2 to 4 teaspoons curry powder
3 cups cooked chicken or turkey,
cubed
1 tart apple, cored and diced
1 can (5 ounce) water chestnuts,
drained and sliced
3 tablespoons pimiento, chopped
1 tablespoon parsley, chopped
salt (to taste)
pepper (to taste)
CONDIMENTS
chopped salted peanuts
chutney
chopped green onions
toasted shredded coconut
India relish
chopped hard-boiled eggs
candied or preserved ginger

Heat the oil in a large casserole. Saute' the onion and bell pepper until soft. Stir in the flour. Cook for a moment, then blend in the chicken broth and the mushrooms (if you used canned mushrooms, add their liquid.) Simmer the mixture for 15 to 20 minutes.

Stir in the curry powder and check the seasoning by tasting.

In a large bowl, mix the chicken pieces, apple, water chestnuts, pimiento, parsley, salt and pepper. Add this mixture to the sauce and heat slowly, simmering for 10 to 15 minutes over lowest heat.

Serve over saffron rice.

Place the condiments in small bowls on the table and let everyone help themselves.

(This dish can be made ahead and heated before serving - it improves the flavor.)

Per Serving (excluding unknown items): 163 Calories; 14g Fat (74.9% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Fruit; 3 Fat.

Chicken

