

Chicken, Grilled

Grilled Chicken Curry with Curry Cream Sauce

J. M. Hirsch - The Associated Press
Palm Beach Post

Servings: 4

Preparation Time: 30 minutes

Grill Time: 30 minutes

1 cup chicken broth
1 small yellow onion, quartered
1/2 head garlic, cloves peeled
1-inch chunk fresh ginger
1-inch chunk fresh turmeric
2 sprigs fresh curry leaves
2-inch cinnamon stick
1/2 teaspoon cumin seeds
1/2 teaspoon black peppercorns
1/4 teaspoon ground coriander
1 teaspoon salt
juice of 1/2 lemon
1/4 cup honey
1 1/2 pounds boneless/ skinless chicken thighs
1 cup low-fat sour cream

In a blender, combine the chicken broth, onion, garlic, ginger, turmeric, curry leaves, cinnamon stick, cumin seeds, peppercorns, coriander, salt, lemon juice and honey.

Puree until very smooth. Transfer a third of the mixture to a small saucepan and set aside.

Pour the remaining mixture into a large, resealable plastic bag. Add the chicken thighs. Seal the bag and gently massage to ensure all of the meat is coated by the marinade.

Refrigerate for at least 30 minutes or up to overnight.

Meanwhile, set the saucepan of reserved marinade over medium heat. Bring to a simmer and cook until reduced and quite thick, about 10 minutes. Set aside to cool.

When ready to cook, heat the grill to medium-high. Coat the grates with oil using an oil-soaked paper towel grasped with tongs.

Remove the chicken from the marinade. Discard the marinade.

Place the chicken on the grill and cook for 6 to 7 minutes per side or until the meat reaches 165 degrees.

While the chicken cooks, in a small bowl combine the reserved marinade and the sour cream.

To serve, drizzle the sour cream mixture over the chicken.

Per Serving (excluding unknown items): 160 Calories; 3g Fat (18.3% calories from fat); 5g Protein; 28g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 795mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1 1/2 Other Carbohydrates.