

Chicken and Yoghurt Curry

(modified by Paul Gioia from *Charmaine Solomon Curry Cookbook* for MHCC camp)

	Serve		
	10	60	80
Chicken thighs, skinned and boned	1 kg ¹	6 kg	8 kg
Medium brown onion, roughly chopped	1	1.2 kg	1.6 kg
Garlic, peeled	2 cloves	1¼ heads	1½ heads
Fresh ginger, finely chopped	1 tsp	2 tbs	2½ tbs
Fresh coriander	½ cup	3 cups	4 cups
Red capsicum, roughly chopped	1	1½ kg	2 kg
Canola oil	1½ tbs	¾ cup	¾ cup
Turmeric	½ tsp	1 tbs	1½ tbs
Garam masala	1 tsp	2 tbs	2½ tbs
Salt	1½ tsp	3 tbs	4 tbs
Plain, low fat yoghurt	½ cup	600 g	800 g
Tinned, chopped tomatoes (no flavouring)	150 gm	900 g	1.2 kg

Trim any remaining fat of chicken pieces. Into blender put onion, garlic, ginger, capsicum and fresh coriander and blend to a smooth puree. Heat oil in heavy saucepan and fry blended mixture on medium heat for about five minutes. Add turmeric, garam masala and salt and fry for further minute. Stir in yoghurt and tomatoes and fry until liquid dries up to thick puree.

Add chicken pieces, turn in spice mixture until well coated, turn heat low and simmer for an hour or until tender. If sauce is still runny by the time chicken is cooked, uncover and boil on high heat to dry off excess liquid, stirring gently to prevent burning. Garnish with any leftover coriander.

For kids, some chicken pieces can be pulled out a little ahead of time while somewhat firm and sauce shaken off.

¹ Recipe quantities have been designed to provide only a small portion of chicken as an accompaniment, rather than the main component. Spiciness has also been toned down a little so that chicken can be pulled out of sauce, shaken, and served to kids with food issues.