

Curry Powder

Makes approx. ½ cup of curry powder

Ingredients:

- ¼ cup coriander seeds
- 4 teaspoons cumin seeds
- 1 tablespoon fennel seeds
- 1 teaspoon fenugreek seeds
- 1 teaspoon black peppercorns
- 1 teaspoon yellow mustard seeds (optional, for added heat)
- 4 small dried red chili peppers
- 4 dried curry leaves (can substitute 1 large bay leaf)
- 2 tablespoons ground turmeric
- ½ teaspoon ground ginger
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon

Instructions:

1. Heat a skillet over medium heat and roast the whole spices and curry/bay leaves for a few minutes until very fragrant. Be careful not to scorch the spices or they will be bitter.
2. Let the spices cool completely. Place the whole spices in a spice/coffee grinder along with the remaining ingredients and grind until you get a fine powder.

Store the curry powder in an airtight jar in a dark, cool place. Will keep for several months but for best flavor use within a few weeks.

To Make Curry Paste: Combine 1 tablespoon of curry powder with 1 tablespoon of water and 1 tablespoon of oil and mix. You can also add some finely minced garlic and ginger

Curried Grilled or Sauteed Chicken

Ingredients:

- 1 lb chicken cuts of choice
- 2-3 Tablespoons curry powder
- ¼ cup avocado oil
- 2 Tablespoons lemon juice
- Salt to taste

Instructions:

1. To allow the chicken to cook evenly dice in uniform pieces
2. Place the chicken in a suitable dish for marinating.
3. Whisk together oil, lemon juice, spices and salt
4. Pour over the chicken and allow to marinate for at least 20 minutes but up to 24 hours, covered in the fridge.
5. Cook the chicken on a hot grill or sauté in pan until cooked through
6. Remove from the heat and allow to rest for a few minutes then slice and serve.