

# Classical Chicken Curry

1	Chicken thighs around 1.5KG	25gm	Tomato Puree
200 gms	Onion	500ml	chicken stock
1 clove	Garlic	25gm	sultanas
10gms	Flour	100ml	coconut milk
10gm	Cumin	50gm	chopped apple
10gm	Curry powder	10gm	ginger chopped
50gms	Olive oil		
	Salt and pepper		



vegetable chopping board  
 raw meat chopping board  
 Large Cooks knives  
 Large saucepan  
 measuring jug



Cut the chicken ready to saute and season with salt and pepper  
 Heat the oil in the pan add the chicken and lightly brown on each side.

Finely chop onions and garlic and add to pan and saute until soft.(3 to 4 minutes)  
 Remove from heat to cool.

Mix the flour and curry powder add the puree and then the stock and bring to the boil.  
 Skim

Add the remainder of the ingredients and simmer until cooked.(about 20-25 minutes)