

Pineapple Chicken Curry



Ingredients:

(Serves 2)

½ kg of chicken

½ fresh pineapple

A:

1 pkt of curry paste

1 stalk of lemon grass

3 - 4 candle nuts or brazil nuts

6 medium red onions

1 bulb garlic

1 star anise

3 - 5 cloves

1 inch of cinnamon bark

1 tbsp coriander powder

½ tsp of spices: cumin & fennel seed

1 tbsp tumeric powder

B:

1 can of coconut milk

3 - 4 tbsps of oil

1 chicken stock cube

salt and sugar to taste

Method:

1. Peel and chop onions, garlic, ½ inch from the root of the lemon grass and nuts and blend together until fine. Chop the remaining lemon grass to use in step 2.
2. Over a low heat, stir fry the blended items together with the curry paste and the rest of the A list of items. Add more oil if necessary or use 1 tbsp of coconut cream. Fry the paste until the oil emerges or the spices are blended well
3. Cut the chicken into bite sized pieces and add to the sizzling spice paste and fry until well mixed. Cook for 10 minutes. If it becomes a little dry, add 1 tbsp of coconut milk mixed with 1 tbsp of water.

4. Crumble and add the chicken stock cube to the chicken mixture.
5. Add the remaining coconut milk (with some water if you prefer a less thick curry).
6. Cover and simmer on a low heat until the chicken is cooked. Do not let it become dry.
7. Cut the pineapple into bite sized chunks and add to the curry after it has simmered for 20-30 minutes.
8. Adjust the taste to your liking using salt and sugar. It should be savoury with a hint of sweetness.
9. Serve with white rice.

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