



Curry.. Chicken

8 ounces of cooked left over chicken or turkey
One chicken stock cube
One Bovril stock cube
One rounded tea spoon of sugar
About 1 ounce of sultanas
3 Tea spoons of mild curry powder
1 level tea spoon of Coriander
" Cumin
Garam Masala
Turmeric
6 Cardamom Pods
One level tablespoon of Juvela flour mix
Half a pint of chicken stock, or water

Method.

Add all the ingredients except the flour, sultanas, and chicken ,
to the water or stock in a large pan. Bring to the boil and simmer
for ten minutes.

Cool, and add the flour, whisking it in.

Bring slowly to simmering, stirring regularly, then add the
chicken, cut into medium pieces. Simmer for twenty minutes,
then add the sultanas, and simmer for a further 10 minutes

Serve with boiled rice, allowing 2 ounces per person

White rice.. Boil for ten minutes

Brown rice.. Boil for 25 minutes

Rinse in hot water before serving

Serves 2 people



This recipe has been brought to you by The Cream Of Tartar Company Limited

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