

# Curried chicken breasts (simple)

This is our standard "quick and easy" curried chicken dish. It can be a full meal all by itself.

The wine of choice will be a domestic or Alsatian Gewurztraminer.

Serves 4 as a main course.

**1.** Remove all fat and skin from the breasts. Cut the chicken into strips about ½ inch wide. Sprinkle with salt and pepper.

Melt butter and when hot, add chicken strips Stir fry until they lose raw look, about two minutes.

**2 chicken breast halves with ribs**  
**2 Tb butter**  
**Salt and fresh ground pepper to taste**

**2.** Sprinkle shallots and curry powder over chicken and stir fry for about two minutes.

**¼ cup finely chopped shallots**  
**1 Tablespoon curry powder (preferably from an Indian food store)**

**3.** Place chicken in a bowl to keep warm. Add the wine to the skillet, cook over high heat about three minutes until reduced to ¼ cup.

**½ cup white wine**

**4.** Add juices from the bowl the chicken is resting in. Add the cream to the skillet and cook over high heat about four minutes.

**1 cup heavy cream**

**5.** Add the chicken, the raisins that have been plumped and drained, and the toasted almonds.

**¼ cup raisins, plumped and drained**  
**¼ cup slivered toasted almonds**

Heat and serve with rice, your favorite vegetable and cucumbers in yogurt with a pinch of cumin and hot peppers.

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## NOTE:

10/2005 - I tried using olive oil instead of butter, and half and half instead of heavy cream. This is not a good idea – the sauce curdled when I reduced it.

# Curried chicken breasts (Half Recipe)

This is our standard "quick and easy" curried chicken dish. It can be a full meal all by itself.

The wine of choice will be a domestic or Alsatian Gewurztraminer.

Serves 4 as a main course.

**1.** Remove all fat and skin from the breasts. Cut the chicken into strips about ½ inch wide. Sprinkle with salt and pepper.

Melt butter and when hot, add chicken strips Stir fry until they lose raw look, about two minutes.

**1 chicken breast halves with ribs**  
**1 Tb butter**  
**Salt and fresh ground pepper to taste**

**2.** Sprinkle shallots and curry powder over chicken and stir fry for about two minutes.

**2 Tb finely chopped shallots**  
**1.5 teaspoon curry powder (preferably from an Indian food store)**

**3.** Place chicken in a bowl to keep warm. Add the wine to the skillet, cook over high heat about three minutes until reduced to ¼ cup.

**¼ cup white wine**

**4.** Add juices from the bowl the chicken is resting in. Add the cream to the skillet and cook over high heat about four minutes.

**½ cups heavy cream**

**5.** Add the chicken, the raisins that have been plumped and drained, and the toasted almonds.

**2 Tablespoons raisins, plumped and drained**  
**2 Tablespoons slivered toasted almonds**

Heat and serve with rice, your favorite vegetable and cucumbers in yogurt with a pinch of cumin and hot peppers.