

Indian Chicken Curry & Rice

Makes 4 servings

Use home-grown, grass-fed and organic ingredients whenever possible.

This recipe uses the *Pampered Chef Quick Cooker Pressure Cooker*. Instructions also given for stovetop cooking.

Ingredients:

- 1-2 TBSP coconut oil (or butter)
- 1 TBSP fresh ginger, finely grated
- 1 TBSP cumin powder
- 1 TBSP coriander powder
- 1 TBSP curry powder
- 1 TBSP finely chopped jalapeno (or to taste)

- ½ cup (generous) onion, coarsely chopped
- 1 TBSP garlic, freshly pressed

- 1 lb chicken breasts, tenders, thighs, legs or combination (boneless/with bone, skinless/with skin)

- 2 cups fresh, fully ripe tomatoes, diced (Roma are my favorite)
- 4 TBSP unsweetened coconut flakes, ground to a paste in a coffee/seed grinder
- 1/3 cup water or chicken broth (omit this if cooking in a pot on the stovetop)
- ¾ tsp Himalayan pink salt

Ingredients for Rice:

- 2 cups jasmine or long grain rice
- 3 ½ cups water
- Drizzle of olive oil

Directions:

1. Set Quick Cooker to **SEAR**. Heat the coconut oil, then add the spices. Sauté for 1 minute.
2. Add the onion and garlic and sauté for another minute.
3. Add the chicken pieces (or dice boneless meat into bite-sized pieces) and cook for 5 minutes, stirring frequently. **CANCEL**.
4. Add the tomatoes, coconut paste, water (or broth), salt and stir.
5. Place the wire rack over the meat and tomatoes, with all 3 feet touching the bottom of the inner pot.
6. Drizzle olive oil over the bottom of the ceramic pot, then add the rice and water. Gently stir to even out rice over the bottom of the pot. Cover with stretch-fit silicone lid. Place the ceramic pot into the wire cradle and lower onto the wire rack. Lock the lid and select **CHICKEN/POULTRY** setting. Adjust the time to **9 minutes** and press **START**.
7. When the timer is up, let the steam release naturally for **10 minutes**, then press the steam-release button to release any remaining pressure.
8. Press **CANCEL**.
9. Carefully lift the ceramic pot out and fluff the rice with a fork.
10. Serve the chicken with the sauce on a bed of rice. Garnish with fresh cilantro and a dollop of yogurt, if desired.

Variation: Decrease chicken to ½ lb and add 1 can garbanzo beans, drained.

Stovetop Method: Follow the directions as written, using a 4-qt Dutch Oven. After chicken has been added, cook over a low simmer burner for 30-45 minutes, or until meat is tender and flavors are melded. Always better the 2nd day!