

Retro school curry

- Serves 4
- 2 large chicken breasts, diced
- 1 onion, finely diced
- 1 apple, peeled and grated
- 2 large cloves of garlic, crushed
- 1" chunk of ginger, minced
- 1 tbsp. curry powder
- 1 tbsp. flour
- Juice of half a lemon
- 1 cup of raisins
- 1 pint of stock
- 1 tbsp. runny honey

Brown the chicken breast in a pan, then set aside.

Using the same pan sauté the onion until soft, then add the apple, ginger and garlic. Cook for a minute before adding the curry powder and flour, cook the flour off for a few minutes then gently pour the stock in, little by little. The flour will thicken the sauce, you might not need the full pint.

Add the chicken, squeeze in the lemon and sprinkle in the raisins. Stir well. Cook for a few minutes more before adding the honey.

Once the chicken is cooked through serve with rice or chips.

With chicken tikka;

marinade:

- 2 tsp. curry powder
- 1 tsp. turmeric
- 1 tsp. paprika
- 2 cloves garlic, crushed
- 2" chunk ginger minced
- 1/2 cup of natural yoghurt
- Juice of half a lemon
- S&P

Mix all ingredients together and coat the diced chicken, leave to marinade for an hour or longer.

Skewer the chicken and griddle until cooked and charred.

Add to the curry sauce along with any extra marinade.