



Chicken in Curry Sauce

- 4 Tbsp. coconut oil
- 2 medium onions, thinly sliced
- 2 Tbsp. flour
- 1 tsp. peeled, minced fresh ginger
(or ½ tsp ground ginger)
- 1 tsp. minced garlic
- 3 lbs raw chicken, cut into small serving size pieces
- 1 Tbsp. curry powder
- ½ tsp. ground cumin
- ½ tsp. ground coriander
- 1 tsp. salt
- ½ tsp. pepper
- 1 can (14 oz) coconut milk
- ¼ cup chutney
- ½ cup raisins
- ½ cup roasted cashews
- 3 scallions, thinly sliced

In large frying pan with tight-fitting lid, heat coconut oil over medium heat. Add onions and cook, uncovered, until tender, about 4 minutes. Add flour, ginger, and garlic and continue cooking 4 minutes, stirring occasionally, until softened. Add chicken pieces and cook until evenly browned, turning once or twice, about 8 minutes. In medium bowl, combine curry powder, cumin, coriander, salt, pepper, coconut milk, and chutney and stir well. Scrape mixture into frying pan and turn chicken and onion to combine well. Reduce heat to low, cover and simmer, turning chicken and onion to combine well. Reduce heat to low, cover and simmer, turning chicken once or twice, until it is tender and cooked through, about 45 minutes. Stir in raisins and cashews, transfer to serving dish and sprinkle with scallions. Serve with a side dish of rice. Compliments of Bruce Fife, N.D.

South Pacific Trading Company
Life is short. Drink it in.



15052 Ronnie Drive, Suite 100 ~ Dade City, FL 33523
Ph. 352.567.2200 ~ Fx. 352.567.2257 ~ www.SouthPacificTrading.com