

# What's Simmering ... With Chef Jack!

Greetings to all!

Our Indian cooking class seemed to be a great success. Fun was had by all. It was nice to have an authority on Indian food and customs guide us through the class. Alamelu was full of stories and antidotes. The use of spices, I thought, was just great - many new and unusual seasonings and combinations, but none were too overpowering. I have included one recipe from her book and class that everyone seemed to enjoy. We will sprinkle some of the ideas in our weekly specials.

Earth Day is coming up soon. On **Thursday, April 23<sup>rd</sup>**, we will be featuring local foods. Also, we have several farmers, "**Young Earth Farm, Home Farm Garden and Edelweiss Creamery**", who will have samples of fresh picked greens along with grass fed meats and cheeses. They will talk a little about their farms and how these wonderful foods are produced. We also will have a chocolate tasting featuring all Fair Trade chocolates. Eating, what a great way to learn and enjoy!

Happy eating.



Chef Jack

## Chettinad Chicken Masala

Adapted from Alamelu Vairavan "**South Indian Cooking**"

| Amt. | Unit   | Ingredients  |
|------|--------|--|
| 2    | lb.    | Boneless and Skinless Chicken Thighs                 |
| 4    | tblsp. | Canola Oil   |
| 4    | ea.    | Curry leaves – optional see note.                    |
| 4    | ea.    | Slivers of cinnamon stick, about the size of a clove |
| 1    | ea.    | Bay leaf   |
| ¼    | tsp.   | Whole black peppercorns, cracked                     |
| ¼    | tsp.   | Fennel seeds   |
| ½    | tsp.   | Cumin seeds  |
| 1    | cup    | Onion, diced   |
| ¼    | cup    | Tomato, diced  |
| 6    | ea.    | Cloves of garlic, chopped                            |
| 1    | tblsp. | Minced ginger  |
| ½    | tsp.   | Turmeric, powder                                     |
| 1    | ½ tsp. | Curry powder   |
| ¾    | tsp.   | Cayenne powder                                       |
| 1    | tsp.   | Salt   |
| ½    | tsp.   | Fresh ground black pepper and ground cumin           |
| 1    | cup    | Tomato sauce   |

### Method:

*Chicken maybe left whole or cut into bite size pieces.*

1. Place oil in wide bottom iron skillet or other heavy skillet.
2. Over medium heat, heat oil till hot, but not smoking.
3. Add curry leaves, cinnamon sticks, bay leaf and peppercorns. Wait till peppercorns pop a bit.
4. Add fennel and cumin seeds.
5. Add onion, tomato, garlic, ginger and turmeric powder and stir well.
6. Add chicken, brown over high heat and then reduce heat.
7. Add curry powder, cayenne, salt, black pepper and cumin. Stir well.
8. Add tomato sauce and stir.
9. Cook covered over medium low heat until chicken is covered and flavors are absorbed. Check during cooking and adjust sauce by adding water or more tomato sauce. Stir often.
10. Great served with basmati rice.

Note: There is a great Indian grocery store next to B&G Golf on Bluemound Road. It does not look like much from the outside, but they carry a wide array of foods and the owner is very helpful.