

Country Captain

Joyce Levi

Chicken with Garlic and Herbs

*2 pounds boneless/ skinless
chicken breasts
2 onions, finely chopped
2 green peppers, finely
chopped
1 clove garlic, minced
1 1/2 teaspoons salt
1/2 teaspoon white pepper
1 to 2 teaspoons curry
powder (as desired)
2 cans (16 ounce ea)
tomatoes
1 sprig parsley, minced
dash thyme
4 ounces almonds, slivered
and toasted
1/4 cup currants, soaked in
water*

Preheat the oven to 350 degrees.

Cut the chicken into serving sized pieces. In a bowl, mix the flour, salt and pepper. Dredge the chicken pieces in the flour mixture. In a Dutch oven, brown the chicken in oil; then set aside.

In the Dutch oven, cook the onions, pepper and garlic. Season with salt, pepper and curry powder. Add the tomatoes, parsley and thyme.

Place the chicken in a baking dish with a tight-fitting cover. Pour the sauce mixture from the Dutch oven over the chicken. Add more chicken broth to cover the chicken, if necessary. Cover tightly.

Bake for about 45 minutes. Remove the cover.

Add the drained currants and almonds. Simmer slowly for about 8 minutes.

Serve the chicken over rice.

Serve with condiments like chutney, pickles, coconut, sliced green onions, mushrooms and sieved. All are not necessary, and you can add almonds, currants, green onions and mushrooms.

Per Serving (excluding unknown items): 999 Calories; 61g Fat (50.8% calories from fat); 33g Protein; 101g Carbohydrate; 28g Dietary Fiber; 0mg Cholesterol; 3281mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 9 Vegetable; 2 Fruit; 10 Fat.